COSMOPOLITAN

OCTOBER 2011

Times He Wants You to Be Jealous

21 NAUGHTY

SEX TIPS

Bold, Breathless Moves That Bring On That Crazy-in-Lust Feeling

Minka Kelly

The Shocking Past You Haven't Heard About

Shrink Your Inner Thighs!

IN SIX MINUTES A DAY

4 Words That Seduce Any Man. Anytime.

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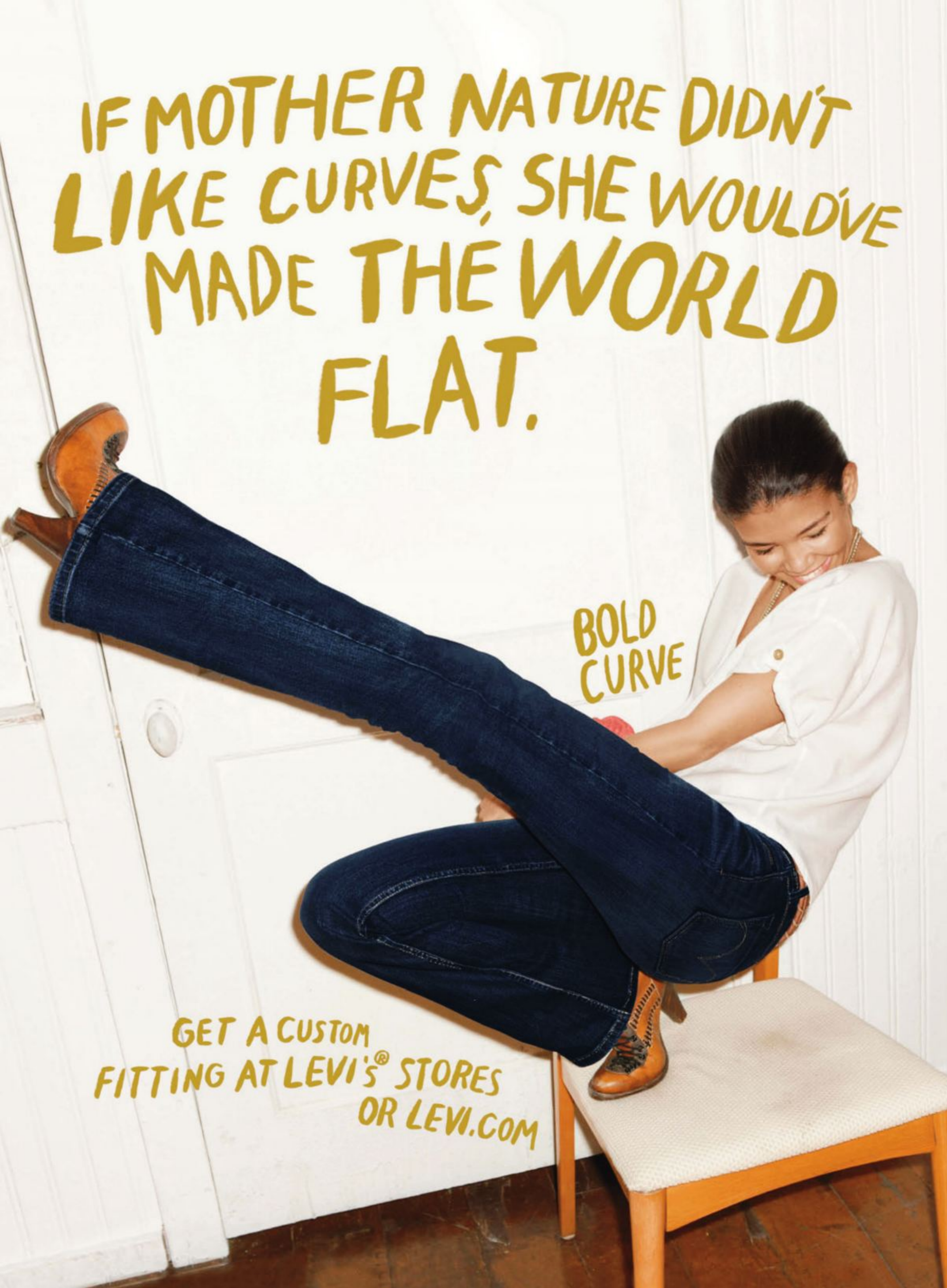
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would postpone a cosmetic procedure.[1]

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THE RESULT: ONE OUT OF TWO WOMEN TEMPTED BY A COSMETIC PROCEDURE DECIDED TO POSTPONE IT.[1]

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[1] *After 4 weeks of consumer use. Consumer evaluations of women 35 to 49 years tempted by hyaluronic acid, laser or chemical peeling. Results not equal to a medical procedure.* [2] *Clinical study.* [3] *Based on in-vitro testing.*

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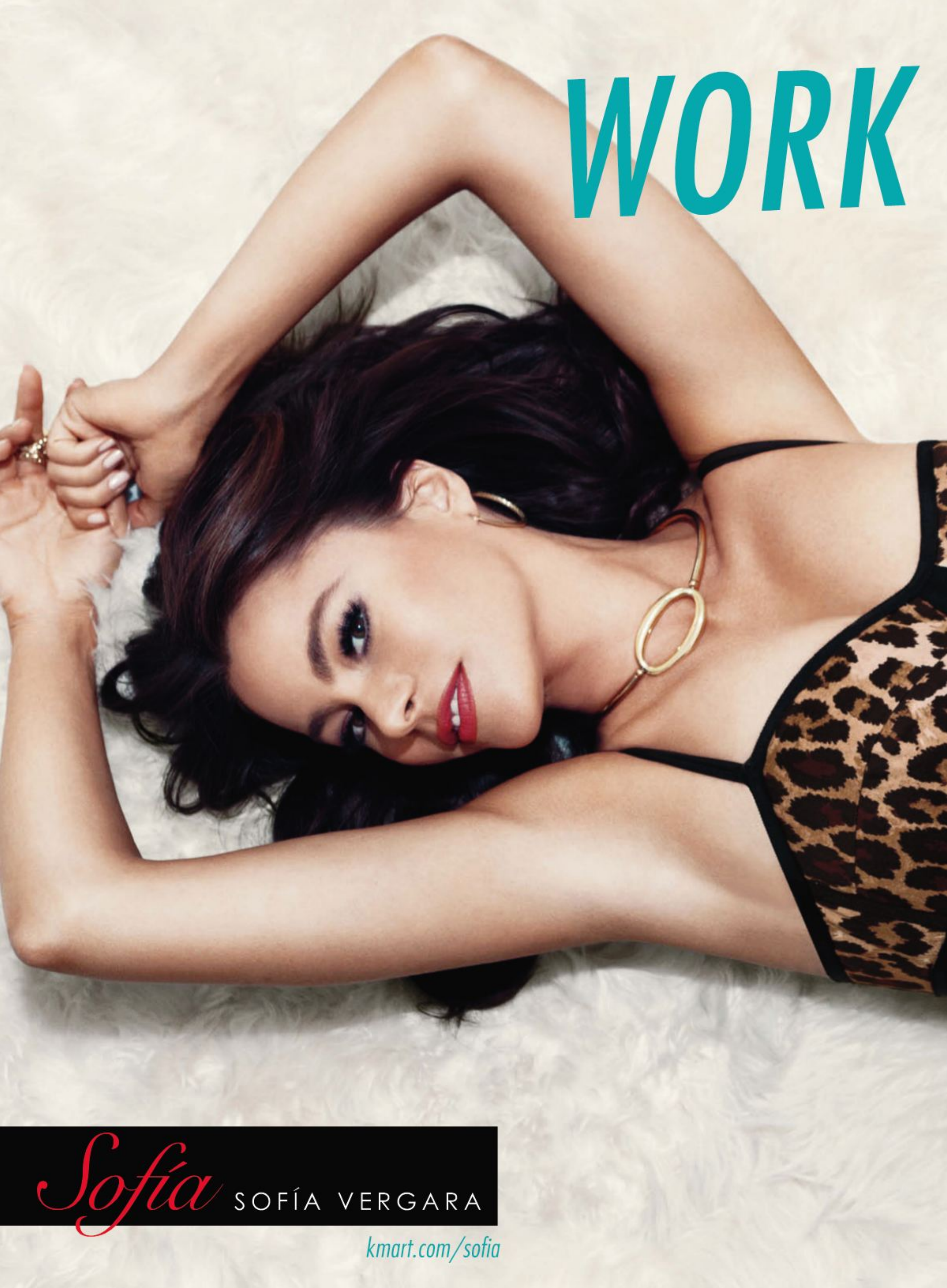
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[*] system: shampoo, conditioner & split end repair creme [†] strength against damage vs. non-conditioning shampoo

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October

142 The rest of her moves are NSFP: Not Safe for Print.

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(From top) ERIC RAY DAVIDSON. KEVIN SWEENEY/STUDIO D. CHRIS ECKERT/STUDIO D.

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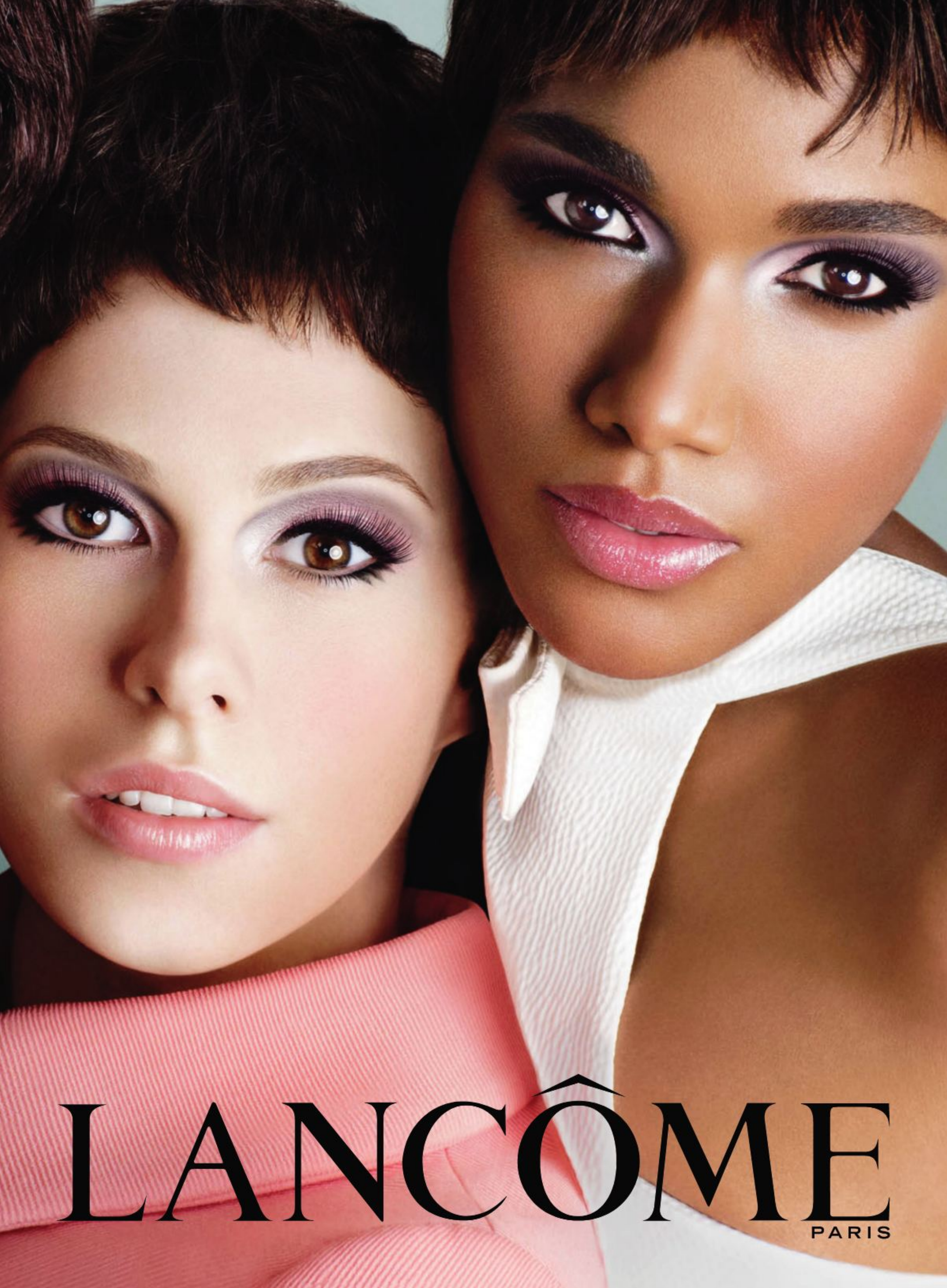
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Clothes that nail that whole effortlessly sexy thing

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You know what they say about an apple cocktail a day....

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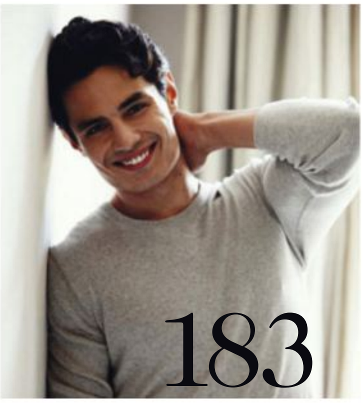

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Score a treat for him on the cheap.

ON THE COVER

Tank top by Brandy Melville. Jeans by Siwy Jeans. Earrings by SCOSHA. Bracelets (on left wrist, from top) by SCOSHA; Tendenza. Bracelets (on right wrist, from top) by Roxanne Assoulin for Lee Angel; Cartier; Vita Fede; SCOSHA; CC Skye. Ring by Roxanne Assoulin for Lee Angel. To get Minka's look, try Tropiques Minérale in Natural Copper, Hypnôse Doll Lashes in So Black!, L'Absolu Nu Lipcolor in Beige Silk, Le Crayon Poudre in Mahogany, and Color Design Limited Edition 5 Shadow & Liner Palette in Golden Frenzy, all by Lancôme. Fashion director: Michelle McCool. Hair: Mark Townsend for Dove Hair Care at starworksartists.com. Makeup: Kristofer Buckle for Lancôme at starworksartists.com. Manicure: Michina Koide for NARS Cosmetics. **Photographed by Cliff Watts.**

(From top) **MATT JONES. JOSÉ PICAYO. CHRIS CLINTON.**

See page 258 for shopping information.

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10 Things You'll Learn in October Cosmo

Get a sneak peek at some of the most fascinating insights coming up in the pages ahead.

1

Doing something alone makes you more self-aware, which stimulates your parasympathetic nervous system, helping you relax. P. 170

2

When curling short lashes, be sure to clamp the curler at the roots. Clamping at the midpoint or tips will make them look stubbier. P. 134

3

Researchers discovered that at week's end, our brains don't register negative outcomes, so we might make choices we'll regret. P. 233

4

Nutritionists say sprinkling ¼ teaspoon of red pepper into stir-fry, soup, and other dishes can reduce cravings for high-fat, sweet, and salty foods. P. 240

5

Recent research revealed that nearly one in five American women now ends her reproductive years without children, up from one in 10 in the 1970s. P. 198

Cosmo's Sexiest Stories Ever

If you missed this summer's collection of hot beach reads by Jane Green, Jennifer Weiner, and Meg Cabot, you can get it now as an e-book at openroadmedia.com/cosmofiction.

Vote for Our Bachelor of the Year!

Starting October 3, check out this year's sexy single guys, and vote for your favorite at cosmopolitan.com/bachelors-voting. One will win Bachelor of the Year and $10,000!

6

Shop for jeans during the first two weeks of October to get the best deals—that's when the new batch of styles arrives in stores, and all the denim from the previous shipment goes on sale. P. 183

7

The key to having sex while other people are nearby is to get into a position where the bed won't creak loudly, like spooning with him behind you, where it's almost impossible to move up and down (which is what causes creaking). P. 142

8

Men who enjoy cultural activities, such as going to plays and browsing museums, are happier and more satisfied than their less refined counterparts, a new study finds. P. 94

9

If you have only 30 seconds to wash your face, focus on removing makeup with a cleansing towelette—using separate wipes on your eyes and face—since pigment can build inside pores and stretch them. P. 126

10

A recent careerbuilder.com study found that 40 percent of people have dated a coworker, and it's because we often spend more time at work than anywhere else. P. 156

(Model) Dean Isidro. (Eyelash curler) **CHRIS ECKERT/STUDIO D.** (Stir-fry) fotolia.com. (Baby) D. Hurst/Alamy. (Sculpture) Justin Eckersall/Alamy. (Couple) **ALEXA MILLER.**

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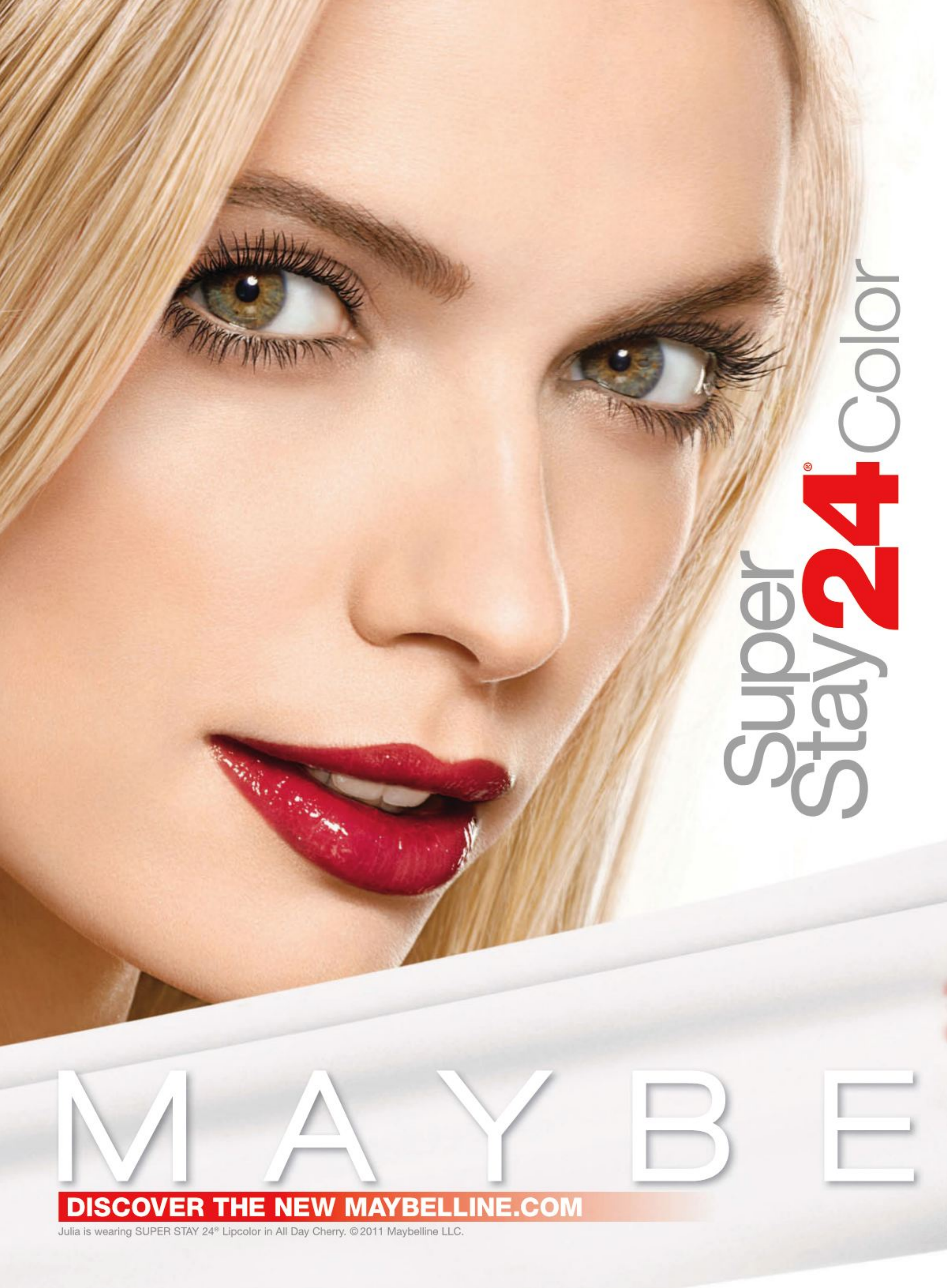
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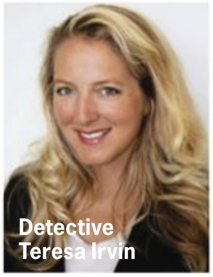
from the editor

Fun Fearless Females

One of the things I've always wished I were better at is handling sudden crises—you know, the kind that blow up out of the blue and threaten to take no prisoners. I don't drop to the ground and wail like a baby in those situations, but I have a tendency to sometimes push the panic button unnecessarily. When my daughter was about 5, for example, she was bitten in the face by our dog, and later that night, after we'd been to the ER and a plastic surgeon had sewn her up, I asked her if there was anything I could have done to be more helpful to her. "No, Mommy," she said. "You were great. Though maybe next time, don't yell 'SHE'S GONNA NEED STITCHES!'"

So when I read an article recently about Teresa Irvin, a detective supervisor with the Los Angeles Police Department's mental-health evaluation unit, I was riveted. Detective Irvin responds to calls in the field involving people in a mental-health crisis—for instance, someone having a breakdown and threatening to kill himself or someone else. I knew I wanted to speak to her to see what advice she could share about keeping a cool head when things around you seem to be going up in flames.



Detective Teresa Irvin

Irvin was hired by the LAPD right out of community college and later earned a BS in criminal justice and a master's in emergency services. She moved into her current assignment five years ago and became passionate about how police officers handle radio calls involving people suffering from mental illness. In addition to working in the field, she trains other officers.

So what's the secret to staying calm in a crisis? "A key trick is to just breathe," Irvin says. And then, most important, use the 10-second strategy. "Count to 10, and give yourself a chance to think. Ask yourself questions. What *could* happen in the next 20 minutes? What should I do right now?"

Irvin says we often don't realize that we have a bit more time in an emergency than we think we do to make key decisions. During the drive to the location, for example, she starts going over in her head what the plan should be. And it's in those moments, she says, that you make the smarter choice rather than the rash one.

Kate White

Kate White, Editor-in-Chief

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Awesome New Stuff From Cosmo

CFG (Cosmo for Guys) editors Carolyn Kylstra and Blake Ellison

Our iPad Head Girl video has gotten a million YouTube hits. Check it out!

In the mood for something steamy? Download Cosmo's Sexiest Stories Ever at openroadmedia .com/cosmofiction.

COSMO'S
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(White) Keith Major Photography. (Irvin) courtesy of subject.

Send an e-mail to Kate White. EDITLETTER@HEARST.COM

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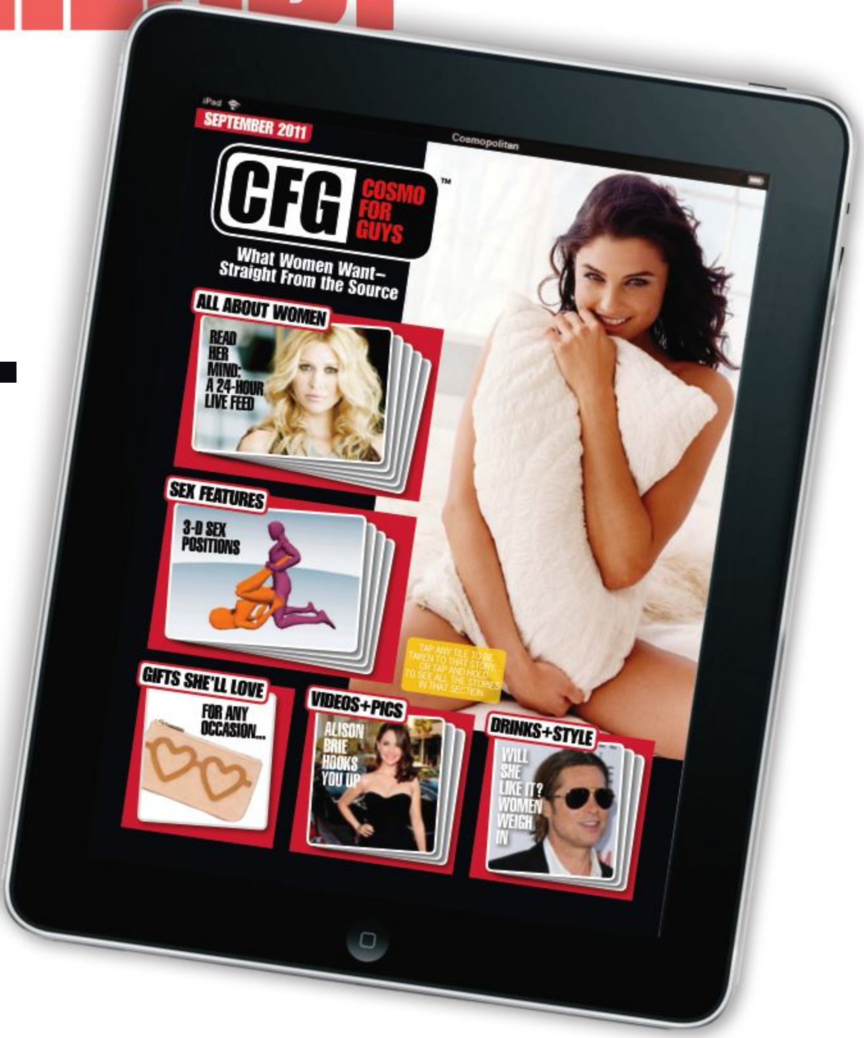
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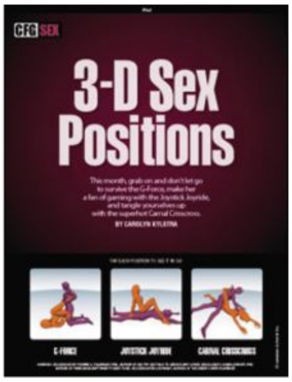
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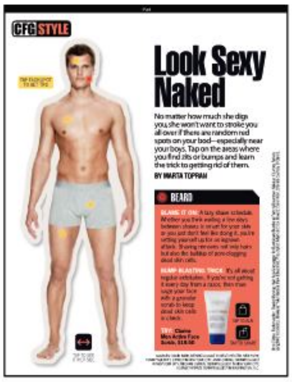
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COSMO'S PRACTICE SAFE SUN

Actress **Laura Linney**, celeb chef **Giada De Laurentiis**, NY Ranger **Sean Avery**, **Dr. Jennifer Stein** and activist **Cara Biggane** were honored at Cosmo's 2nd Annual Practice Safe Sun Awards Luncheon, hosted by ABC's **Juju Chang**.

1. Laura Linney, actress and star of Showtime's *The Big C*. **2.** Editor-in-Chief Kate White, Dermatologist Jennifer A. Stein, Food Network Host Giada De Laurentiis, research grant recipient Dr. Cynthia Cooper, Cara Biggane, Co-Founder of the Mollie Biggane Melanoma Foundation, Tim Turnham of MRF, News Anchor Juju Chang, NY Rangers' Sean Avery, Cosmo Publisher Donna Kalajian Lagani, and actress Laura Linney all show off their PSS bracelets. **3.** Swoon-worthy Sean being interviewed for Cosmo TV. **4.** Sun-safe Neutrogena products. **5.** The fab décor. **6.** Giada receiving her award. **7.** Jen Geller (Cosmo), Dawn Shapiro (J3), Fang Yuan (Neutrogena), Laura Linney, Lisa Beshara (J3), Donna Kalajian Lagani (Cosmo). **8.** Cosmo Radio Producer Megan Kustra. **9.** Neutrogena foundation containing SPF! **10.** Cynthia Cooper, PhD, recipient of the first ever Cosmopolitan/MRF PSS research grant.

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Cosmo Promo presents Beauty, Brains & BLOGS

We clicked far and wide for the hottest up-and-coming bloggers — women with major beauty and brains who are setting the trends in beauty, fashion, food, fitness, motherhood, travel and going green. Check out this exclusive network and stay up to the minute on everything that matters most!

Beautyandthefeastblog.com

Shyema Azam tempts the eyes and stomach with beauty products, trends and restaurant reviews. In short, "everything lovely and delicious".

Beautybloggingjunkie.com

Amber Katz has "knack for vernac" and a wicked wit that makes her beauty blog as entertaining as it is informative.

Divaliciousblog.com

Lauren Cosenza, aka L-Diva, is the beauty guru behind this digital diva gospel. Her beauty and style tips are as fresh as her attitude.

Offmanhattan.com

Lauren Matison proves that even your weekend getaways, dining and nightlife can go green. Get inspired with loads of eco-friendly things to do.

Kittenlounge.onsugar.com

Kimmie Smith is a stylist and designer whose blog is a perfect universe that revolves around fashion.

Fashionbinge.com

Tamar Anitai is the irreverent genius behind this fashion, shopping and style blog. She shops high and low all in the name of what looks cool for less.

Fitbottomedgirls.com

Erin Whitehead and **Jenn Walters** know how to "keep a lid on the junk in the trunk", without all the calorie counting and military-style drills you dread.

Glamamom.com

Jill Seiman is the mom about town. From what to wear to where to go with family or friends—she's the wonder woman who covers it all.

Serafinosays.com

Kristan Serafino travels the world as a celebrity and editorial hairstylist. Her blog is about showing us the beauty in ourselves, not about perfection.

Sugarlaws.com

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Cosmo Sparkled at PANDORA

On June 7, 2011, the Cosmo Sales and Marketing team had a glittering VIP experience at the PANDORA store in FoxWoods. PANDORA bejeweled each Cosmo team member with a custom piece of their own making. But the true gems of the evening were the amazing PANDORA staff, who helped (with endless patience) each person find exactly what they were looking for. Find exactly what you are looking for at **pandora.net**

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The Sexy Confidence Men Can't Resist
How to Outsmart a Bitch
First Look at Fall Fashion
SEX EXTRAS

READER DILEMMA: YOU CALL IT

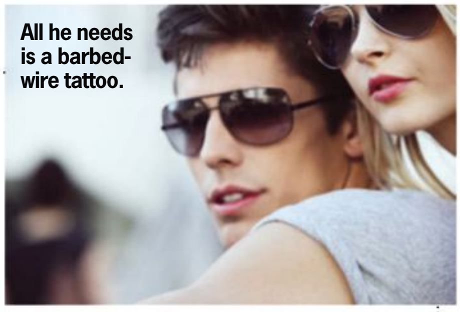
We posted two people's questions online so you could weigh in.

"I've recently started hooking up with a guy friend. Can friends with benefits ever really work?"

—Angela, 23

67%

said no.


All he needs is a barbed-wire tattoo.

"The guy I'm interested in has a bad rep, but he's always been great to me. Should I give him the benefit of the doubt?"

—Brittany, 21

68%

said yes.

What You Thought of the August Issue

Chic and Cheap

"I loved the fashion article 'Stars and Stripes.' It was cool to see that stuff from Walmart can even make the list of Cosmo chic. In today's economy, a girl's gotta shop where she can with what she's got!" *—Lindsey, Jonesboro, Ill.*

Taking a Stand Against Sex Trafficking

"I e-mailed my state senator about the Domestic Minor Sex Trafficking Deterrence and Victims Support Act, like you suggested in your article 'I Was Forced Into Sexual Slavery.' He wrote back stating that he is 100 percent behind the bill. Your article really made a difference!" *—Heidi, Necedah, Wis.*

Missing Information

"Cosmo Gyno gives great advice, but there were questions that could have been addressed in the item 'Pill Side Effects You Don't Have to Suffer Through.' The side effect women worry about most is weight gain, but that wasn't talked about in this article."

—Nina, Portland, Ore.

Scrambled Eggs With a Side of Beefcake

"When I saw the first page of 'The Hottest Thing…a Guy Can Do Naked,' I knew what my guy would wear the next morning while he cooked me breakfast! I'm a waitress, so I had the little black apron waiting for him. It was a very sexy morning ;). Thanks for the idea!" *—Sarah, Gainesville, Fla.*

The Topics You Tweeted About Most

1. Kim's cover was a little, uh, controversial.
2. Redheads united to show us their appreciation for our story on the popular-again hair color.
3. You loved our flat, sexy abs routine.

They're gonna love CFG.

Troops <3 Cosmo

One thing we can always count on Cosmo readers for: You never hesitate to tell us what you think about the magazine. We love that about you, and we read all your e-mails. Every so often, we even hear from soldiers in the Middle East. Katie, a corporal in the U.S. Marine Corps, sent us this photo and said, "The male Marines I work with enjoy reading the magazine and ask me to bring them in so they can 'spy on the enemy.' They even reminded me to have the magazine sent to me while we are deployed in Afghanistan so we do not miss a month's copy."

(Couple) CHRIS CLINTON. (Marines) courtesy of photographer.

WARNING: Some readers have been receiving e-mails from people pretending to be from *Cosmopolitan*. They claim to be looking for new models and request personal info. These are not legitimate Cosmo representatives! We do not find models this way, and we will never contact you asking for personal information. Please delete e-mails like that—they're a scam.

We want your feedback! Tell us what's on your mind. COSMOINBOX@HEARST.COM

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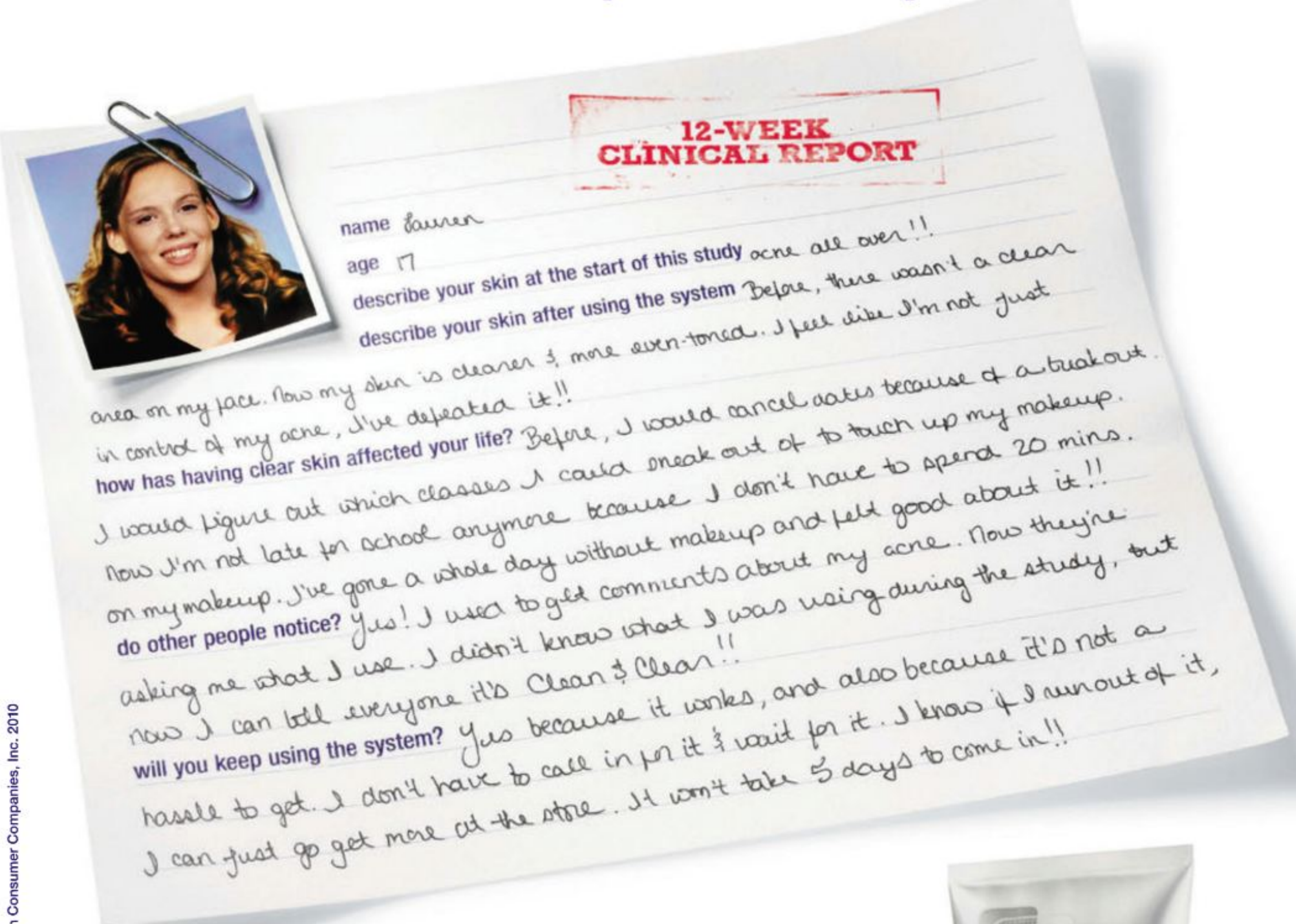
100% of people had clearer skin in just 1 day



12-WEEK CLINICAL REPORT

name Lauren

age 17

describe your skin at the start of this study acne all over!!

describe your skin after using the system Before, there wasn't a clear area on my face. Now my skin is clearer & more even-toned. I feel like I'm not just in control of my acne, I've defeated it!!

how has having clear skin affected your life? Before, I would cancel dates because of a breakout. I would figure out which classes I could sneak out of to touch up my makeup. Now I'm not late for school anymore because I don't have to spend 20 mins. on my makeup. I've gone a whole day without makeup and felt good about it!!

do other people notice? Yes! I used to get comments about my acne. Now they're asking me what I use. I didn't know what I was using during the study, but now I can tell everyone it's Clean & Clear!!

will you keep using the system? Yes because it works, and also because it's not a hassle to get. I don't have to call in for it & wait for it. I know if I run out of it, I can just go get more at the store. It won't take 5 days to come in!!

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Ask Cosmo

From random little issues to major life dramas, we've got your back.

Q. A lot of 20somethings seem to be getting Botox lately. Are there any harmful long-term side effects that I should know about?

A. We checked in with our most trusted dermatologists on this one, and they told us that getting Botox at an early age has not been linked to any long-term health drawbacks and may help prevent wrinkles. But at this point in your life, there's a cheaper, needle-free way to keep your skin looking young: Use SPF and antiwrinkle cream every day, and be sure to exfoliate your skin regularly.

Q. In this economy, is it too risky to quit my job and pull a career switch after I've worked for a couple of years in my current industry?

A. Unless you're willing to end up a professional couch surfer, it'd be nuts for you to quit a secure, paying job before you have a new one. There's a smarter way to transition, say career experts. First, see if you can tweak your duties so they fall more in line with your dream career or take on new ones. (Want to get into social-media marketing? Create a Facebook page for your company's family picnic.) At the same time, try to get freelance gigs or an after-hours internship in your ideal field, and line up informational interviews with people in the biz. When you do get a job offer, avoid burning bridges by giving your boss at least two weeks' notice and making it clear you've loved your time in the industry. Then keep in touch after you go. You never know—the grass may turn out to have been pretty green there after all.

Q. I'm 28 and divorced. How can I come off as a sexy, confident, single-again chick instead of a needy divorcée?

A. Take a cue from ScarJo and other celebs who seem happy to be free and let your actions speak for you. Although experts caution that it can take up to two years or more to feel really healed after a divorce, having some fun will show everyone that you're self-assured and radiant, not drowning in regrets. Host a celebratory bash, like newly single J.Lo did for her birthday in July, then post those best-party-ever pics on FB. Or if you feel ready, dive into a lusty fling that's not LTR material (à la ScarJo and Sean). It's not about being showy; you're just publicizing the fact that, for you, life is only getting better.

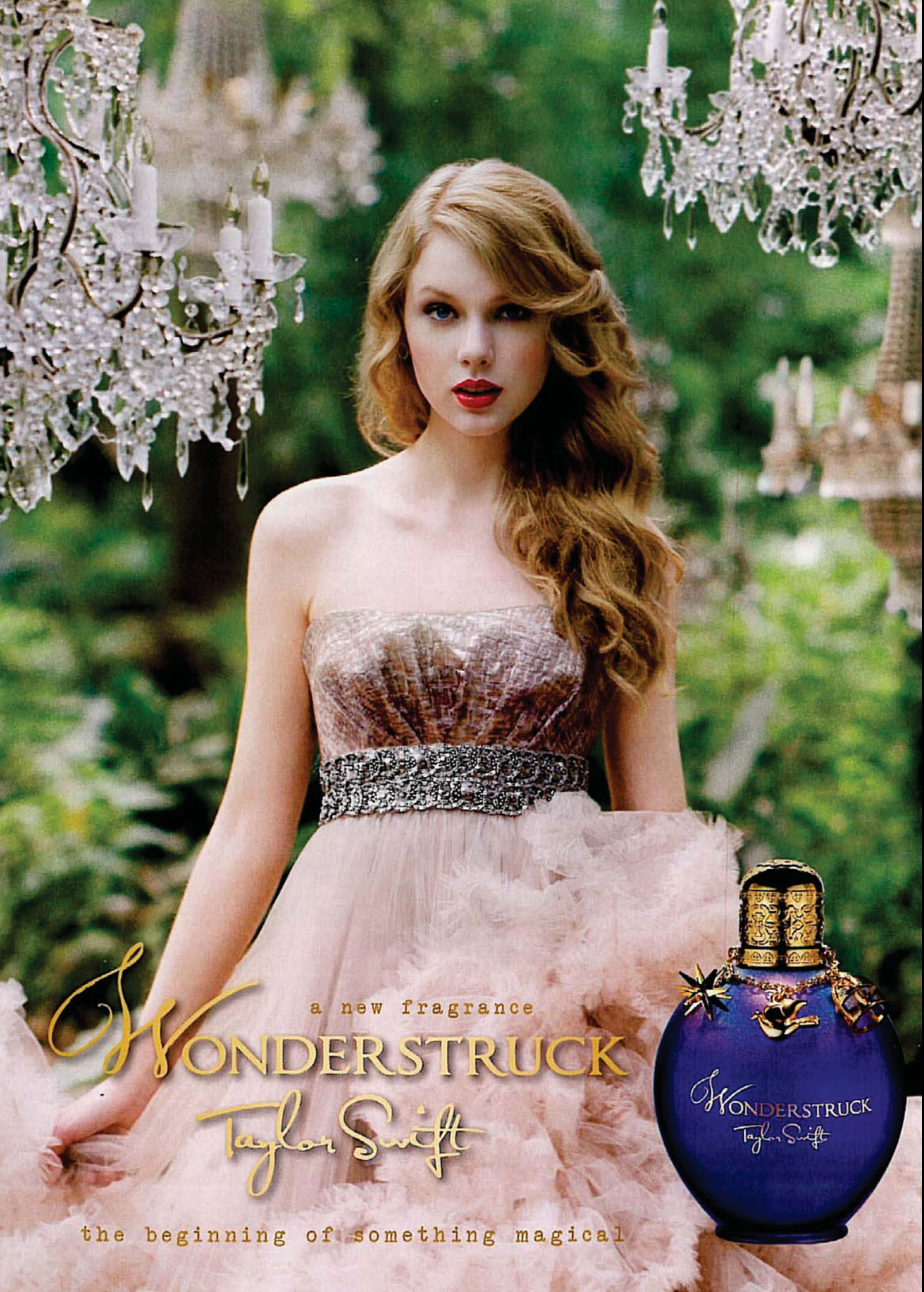
Q. How can I get the cool new marbleized nail look everyone's talking about?

A. Choose two polish shades to mix together (like midnight blue and metallic silver). Then pour about a tablespoon from each bottle onto a small paper plate, and swirl the mix around with a toothpick until you like the pattern. Be careful not to swirl for *too* long or else it will morph into one new color. Finally, lay each nail flat in the polish puddle, rotate it a little bit from side to side so the color hits the edges, and let 'em dry. Use a cotton swab dipped in remover to get rid of the extra polish around your cuticles.

Q. My boss told us we can dress up for Halloween. Can I really go all out?

A. Almost. Anything skanky (Heidi Montag), politically incorrect (Sarah Palin), or overly cutesy (Smurfette) could hurt your reputation. But this is an opportunity to show her how fun you are. And, uh, it doesn't hurt to play to her tastes. So if she's a classic film buff, go as Holly Golightly from *Breakfast at Tiffany's* for the movie's 50th anniversary. Noticed her reading a royal-wedding blog? Wear an absurd hat and call yourself Princess Eugenie. Has she copped to an Angry Birds addiction? You get the idea. ■

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anja Grassegger for Bumble and Bumble at Factory Downtown. Makeup: Jen Myles at Workgroup for Dior. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Ise White for artistsbytimothypriano.com. Dress: DKNY; earrings: Baublebar; bracelet: Vita Fede.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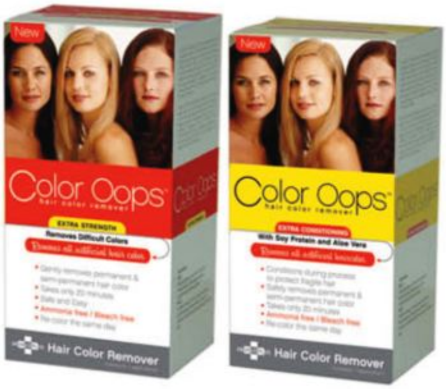
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What's Sexy Right Now

BY ANNA DAVIES

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Dianna struts her stuff.

1 Va-Va-Voom Velvet →

Dianna Agron's Marilyn Monroe–meets–Dita Von Teese dress is a perfect combination of old-Hollywood glamour and mercilessly modern sex appeal.

Here's hoping Pink's body-loving attitude catches on.

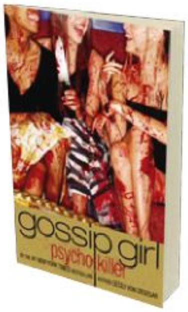
2 Being Chill About the Baby Weight ↑

We're psyched to see that Pink isn't rushing like mad to lose the extra pregnancy pounds. Proof that postbaby, even celebs have bigger priorities than being red-carpet ready.

This kangaroo is kissing a girl… and liking it.

3 Celeb Pics Worth Retweeting ↑

Bikini-clad self-portraits, product promotion, pointless updates…it's refreshing to see Katy Perry sharing a shot that's so damn cute, it deserves to be viewed around the world.



← 4 Killer Mash-Ups

Classics fans got a blood-chilling thrill when Jane Austen tomes were enhanced with zombies, and the murderous mash-up trend is going strong. This month, look for *Gossip Girl: Psycho Killer*, a novel in which Blair and Serena terrorize NYC.

Frenemies
3

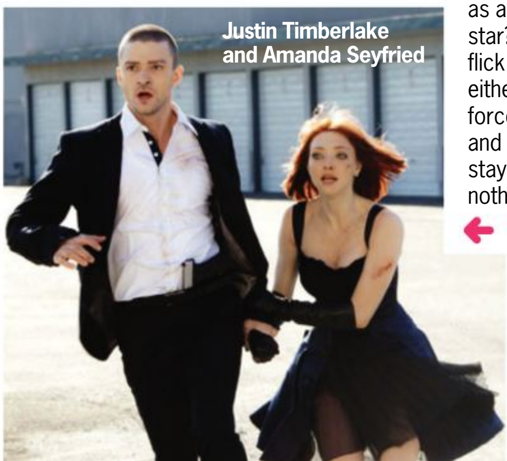
← 5 Secret Social Circles

It may not replace Facebook anytime soon, but we're digging that Google+ makes it easier to divide your contacts into different groups—that only *you* see. Finally, a way to organize your frenemies.

6 Men Who Are Beyond Multitalented

He sings, he dances, he cracks us up, he… tries to save the world as a futuristic action star? In the new sci-fi flick *In Time*, people either die at 25 or are forced to beg, borrow, and steal more time to stay alive. JT, is there nothing you can't do?

←



Justin Timberlake and Amanda Seyfried

(Pink and Carey Hart) Maciel/x17agency.com. (Katy Perry) courtesy of Katy Perry. (Agron) HRC/wenn.com. (*In Time*) Stephen Vaughn.

MINKA KELLY, KICK-ASS ANGEL

Turns out, this gorgeous babe is as tough as the character she plays on the new Charlie's Angels. The star reveals how she overcame a crazy childhood, scored her role on Friday Night Lights, and found true love with America's favorite baseball player.

By Jonah Weiner

You can tell when Minka Kelly enters a room by watching the men already in it. Almost in unison, their heads rise and—inner dude barometers detecting some change in the air—swivel in the same direction. Their eyes pivot. Jaws don't drop, exactly, but they fall slack.

That's what happens when the 31-year-old actress walks into the courtyard of Locanda Verde, a trendy Italian restaurant in Manhattan, for breakfast. Two graphic-designer types are having a meeting, and a stocky middle-aged guy is yammering into his BlackBerry in a corner. When Minka arrives, her auburn hair and soft brown eyes catching the sun, the men trail off and try not to stare. "It's beautiful out here," Minka says, sliding into a table under a cascade of low-hanging leaves. She's wearing dark skinny jeans and a beige loose-knit cardigan over a white tank. If she notices the men noticing her, she doesn't let on.

Of course, by now, she's used to being watched by more than just leering guys. She first got everyone's attention in 2006, when she landed her big acting breakthrough on *Friday Night Lights*. Her nuanced portrayal of Lyla Garrity—high-school cheerleader, born-again Christian, occasional bad girl, and all-around mega-babe—was praised by critics and fans. Soon after that, she was named the Sexiest Woman Alive by *Esquire* in 2010. Most recently, she appeared as a gorgeous coed in the horror flick *The Roommate*, which came out earlier this year.

But it's Minka's next gig that will solidify her role in mainstream Hollywood (not to mention as a sex symbol): She'll play one of the bombshell crime fighters in the television reboot of *Charlie's Angels*. "She radiates this beauty and gentleness," says Drew Barrymore, who is co-executive-producing the show. "I got excited about seeing her be fucking tough too!"

When you talk to Minka, you learn just how tough she really is and that acting is more than a simple career choice for her—it's deeply tied to her sense of survival, which she developed during her turbulent childhood. She used acting as a way to avoid being an outcast at school, assuming a tough-girl persona to fend off bullies. And she used it as a way to deal with her home life. It was her way to placate a boyfriend of her mother's who she says mistreated her. "You speak with a little baby voice," she explains, crossing her

Fashion director: Michelle McCool. Hair: Mark Townsend for Dove Hair Care at starworksartists.com. Makeup: Kristofer Buckle for Lancôme at starworksartists.com. Manicure: Michina Koide for NARS Cosmetics. Sweater: Denim & Supply Ralph Lauren; bra: Mimi Holliday; necklace: Pyrrha; rings: Scosha. See page 258 for shopping information.

Photographs by Cliff Watts

A rocky past didn't hold this beauty back.

legs. “You learn how to manipulate people into taking care of you, so that they don’t hit you.” Later on, she realized that she’d also used acting to form “a shell” around herself, and so she set about breaking it down, getting in touch with the person underneath, learning to trust people again. Acting, she says today, is “like therapy.”

Sure, the white dresses make them look angelic, but….

THE COSMO QUIZ

Name: Minka

Nickname: Mink · Minx · Minksie

The thing I like best about being one of Charlie’s Angels is:

- [✓ a.] The cool fighting scenes I get to film.
- [✓ b.] The smoking-hot wardrobe.
- [✓ c.] Getting to be part of such an iconic franchise.
- [✓ d.] Working with kick-ass actresses.!!!

I often get mistaken for Blair a.k.a the lovely Leighton Meester! (I'll take it ☺)

The quickest way to annoy me is to be passive-aggressive!

It may be cliché, but I can always be won over with:

- a. Flowers.
- [✓ b.] Jewelry.
- c. A love letter.
- d. A serenade.
- e. Other: good conversation

The best relationship advice I ever got was love hard or not at all. Communicate!

My weirdest phobia is I have No FEAR!

I’m totally addicted to Aquaphor.

There isn’t anything that a good sloppy cheeseburger & a kiss from Chenny!! **can’t fix.**

Yup, she eats these and has that bod…bitch.

Trying to Survive

Minka was raised by her single mother, Maureen, in Los Angeles. Her father, onetime Aerosmith guitarist Rick Dufay, was out of the picture for most of Minka’s youth. “It wasn’t like he didn’t want to be a part of our lives,” Minka says. “He wanted to try to do the family thing. It was my mom who was too busy having fun.”

Maureen held a bunch of jobs—at gas stations, at Applebee’s, at a strip club. “She was 5 feet 11, legs up to her ears, gorgeous,” Minka says with a wistful smile. “She got along on that for as long as she could.”

Maureen’s parenting style was definitely unorthodox. Sometimes, when she’d done well at the club, she would wake Minka in the middle of the night and take her for a shopping spree at the supermarket. And they’d go to Payless every week for new shoes. “That was like our big Friday,” Minka recalls. “She would want me to skip school: ‘Let’s go spend some money!’ I was like, ‘No, Mom, I’ve gotta go to school!’ I didn’t know how to appreciate what good friends we were because I just wanted her to be my mom.”

When Minka was in junior high, her mother moved them to Albuquerque, New Mexico, where she had a boyfriend who sold tamales out of a truck. “I called him Dad for a long time,” says Minka, who would often help peddle the food herself. But the situation was volatile. “He had, like, five kids with five different women. He was a bad guy,” Minka says. She doesn’t delve into details but says he was rough with her.

Things weren’t much easier for Minka at school. She was one of a few white girls in a predominantly Hispanic student body. “I got teased a lot because I had a unibrow and I dressed like a boy,” she recalls. “By the time I got to high school, I had made friends with some of the toughest girls, and I started to blend in. I started to talk with a Mexican accent.” She laughs at the memory. “I wore the really black liquid eyeliner and brown lip liner with the light inside.” In retrospect, she realizes that she was dissolving herself into a character. “That was my biggest acting job,” she says.

From Customer-Service Agent to Secret Agent

At 19, Minka called Dufay and told him she wanted to move back to Los Angeles. He let her stay at his house while she sorted out her next move. Minka had booked a few commercials as a kid and wanted to try show business again. To pay bills while she auditioned, she worked for a while at a cell-phone customer-service call center. To pull in more cash, she also got a retail job at Guess.

When she was 21, she had a near encounter with plastic surgery. After taking a job as a surgeon’s receptionist, the doctor offered to enlarge her breasts. Minka passed on the surgery, content with her body as it was. But after

(From left) ABC/Getty Images; Robert Neumann/Alamy.

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befriending the women at the office, she decided to earn her certification as a scrub nurse—a job she still had when she heard about a TV pilot for a show called *Friday Night Lights*. She auditioned and landed the role of Lyla.

Minka says that she hadn't had much training and the thing she brought to the role "was honesty. My emotions were raw. I had that because of my life." She says she wants girls to know that they can turn ordeals into strengths. To her, *Charlie's Angels*, in which she plays a former car thief named Eve, is a celebration of that. "I'm excited by the idea of three women kicking ass and taking names," she says.

"She has had a really interesting life, and when you're working, it helps to draw from all of that," says Leighton Meester, another actress with a turbulent upbringing, who became Minka's friend several years ago and costarred with her in *The Roommate*.

As Minka's career grew, her relationship with her mom remained "pretty complicated," she admits. Almost three years ago, Maureen died after a battle with colon cancer. Discussing the death, Minka is sad…and frustrated. "That's detectable," she says. "Talk about being reckless and not paying attention to your body." But she's glad that "by the time she passed, I was holding her. I was with her until her last breath. We made it."

Grand-Slam Love

Moving on, we express our concern for her boyfriend, Yankees superstar Derek Jeter. The night before, he injured his calf during a game—just six hits shy of his 3,000th, a career milestone that only 27 other players in history have achieved. (He recovered and hit his 3,000th three weeks later.) Minka responds graciously but doesn't like to talk about him. "If I don't keep something to myself, I'm naked," she explains.

"I'm excited by the idea of three women kicking ass."

Today, she agrees to discuss the relationship…just a little. "I have a lot more anonymity than he does," she notes. "I love walking through the park. Nobody really cares about me, and that's a beautiful thing."

She also makes it clear that her career comes before everything else. This is part of the reason, she hypothesizes, that she's dated men who are also in the public eye. Before Jeter, she was reportedly linked romantically to John Mayer and fellow *FNL* star Taylor Kitsch. "There's something to be said for our knowing what comes with what we do," she says. She'd like to have kids ("Plural, for sure") but not before she's accomplished more. "I don't want to resent my kids because I gave up something for them," she says.

Breakfast is over. We leave the courtyard—the graphic designers eyeballing her unabashedly as she exits—and she extends her arm to hail a taxi. She has an injured boyfriend waiting.

"I'm going to check on my buddy," she says. ■

First comes her career, then comes kids.

Tank top: Brandy Melville; jeans: Siwy Jeans; necklace: Helen Ficalora.

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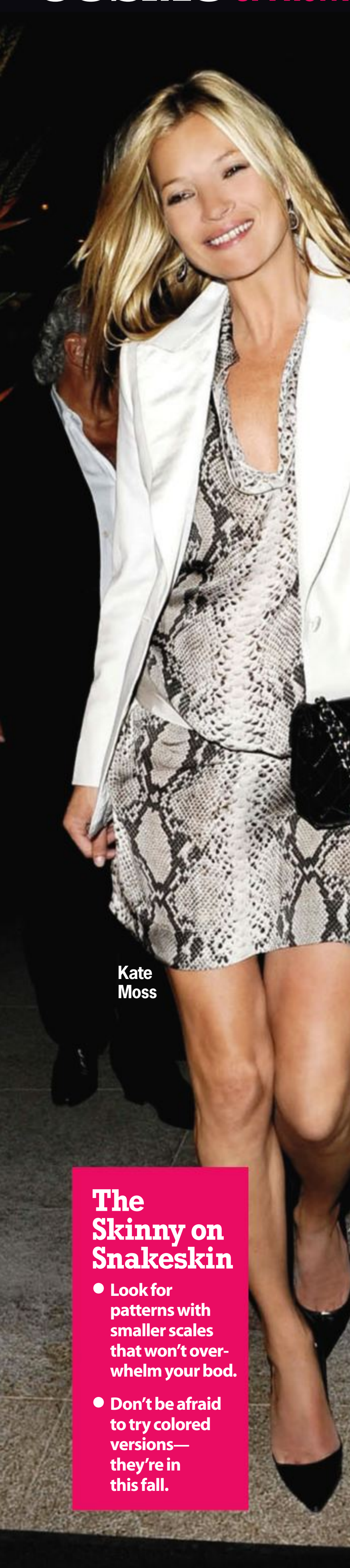
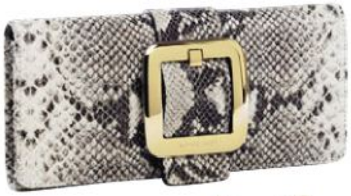


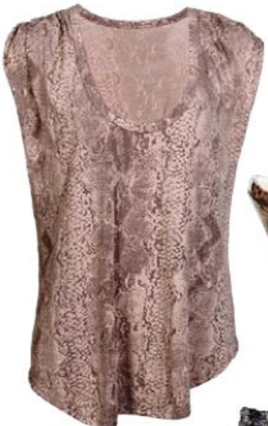
Kate Moss

The Skinny on Snakeskin

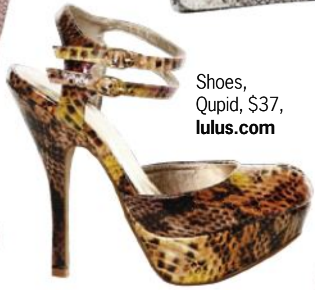
- Look for patterns with smaller scales that won't overwhelm your bod.
- Don't be afraid to try colored versions—they're in this fall.



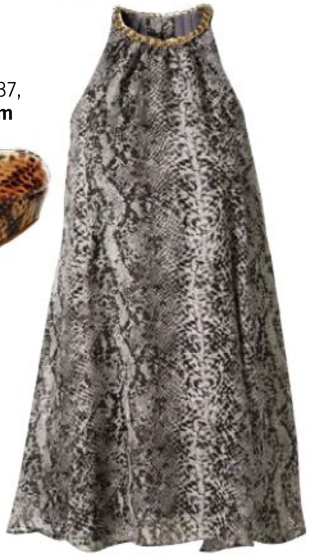
Clutch, MICHAEL Michael Kors, $198, **michaelkors.com**



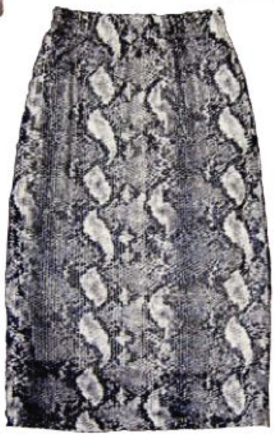
T-shirt, Nation LTD, $74, **amrag.com**



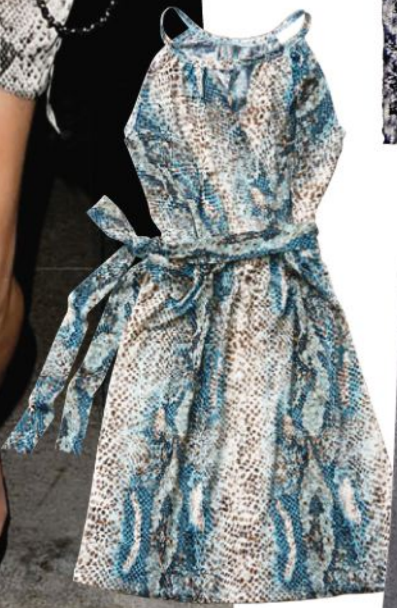
Shoes, Qupid, $37, **lulus.com**



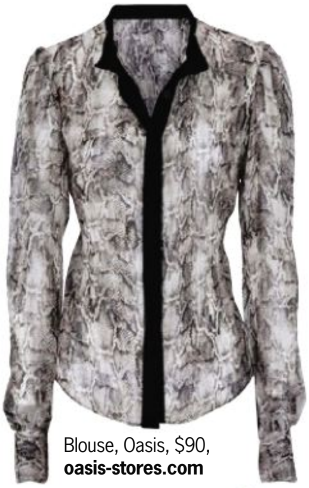
Dress, Topshop, $120, **topshop.com**



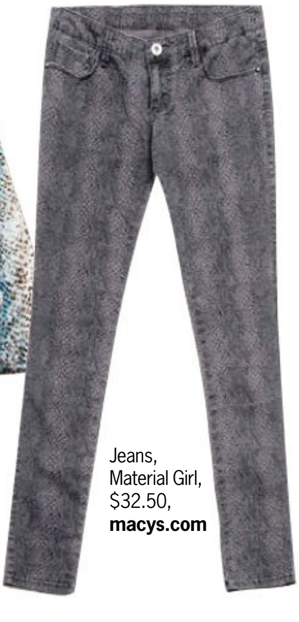
Skirt, Line & Dot, $80, **thelineanddot.com**



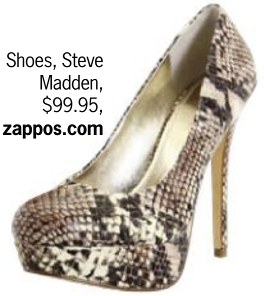
Dress, Charlotte Russe, $26.99, **charlotterusse.com**



Blouse, Oasis, $90, **oasis-stores.com**

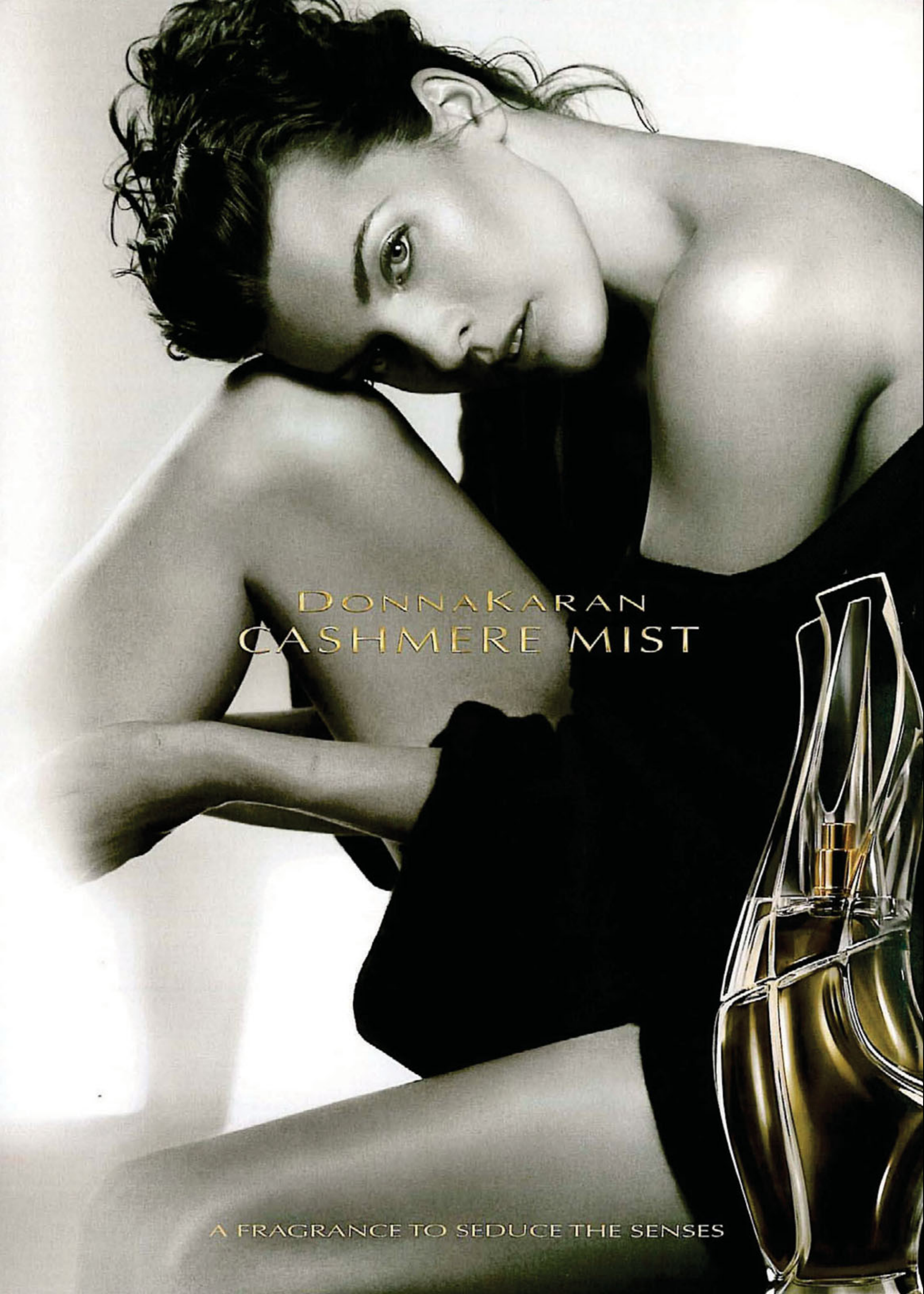


Jeans, Material Girl, $32.50, **macys.com**



Shoes, Steve Madden, $99.95, **zappos.com**

(Moss) Optic Photos/pacificcoastnews.com. (Stills) courtesy of the manufacturers. See page 258 for shopping information.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We'd be a *very* good wife to this babe.

8 Guy Truths He Wishes You Knew

Matt Czuchry, 34, first radiated crushworthiness as Rory's boyfriend on *Gilmore Girls*. Now he's wowing us as an in-it-to-win-it lawyer on *The Good Wife*. Here, he shares a few lesser-known facts about men.

- **We Crave Compliments** "Guys need your affirmation. We want to hear when we look good. You feel great when we say those things, and guys are no different."
- **We Can't Read Your Mind** "When you come to us with a problem, our instinct is to fix it. But we are also very goal-oriented, so if you tell us you just want us to listen, we will do that because we want to make you happy. So tell us."
- **We Aren't Blinded by T&A** "Every guy has a favorite physical part of you, and it's not as obvious as you think it is. I've dated women whose spine was my favorite…or their hair."
- **We Like to Watch You Walk** "What really draws us to you beyond how you look is the way you walk. When a woman walks into a room comfortable in what she's wearing, she gives off confidence, and that makes us want to be with you."
- **We Dig Reverse-Stripteases** "Watching a woman get dressed is the sexiest thing ever. The clothes women wear are so different than men's and really accentuate their femininity, so it drives us crazy to watch you put that all on."
- **We Want You to Be Yourself** "Guys can tell when you're putting on an act, and it's not attractive. What turns us on is when you are yourself and show off your intelligence, humor, and graciousness."
- **We Love a Funny Chick** "Men hate fighting. So the thing we appreciate above all else is a woman who can bring levity and humor to a tense situation."
- **We Can Look but Not Touch** "No guy should ogle women constantly, but we may casually look. Don't feel insecure about it. If we are with you, it means we want you."

Jason Goodrich

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Kerry Washington

Kim Kardashian

Rosie Huntington-Whiteley

Baby Got Back

The boldest way to make an entrance (or exit): Pair a seductive back-baring dress with flawless, glowing skin. Talk about a killer rear view!

GET THE STAR LOOK

1. Hop in the shower and reach for an antiacne body or face wash (try L'Oréal Paris Go 360 Clean Anti-Breakout, $7). It clears breakouts plus sloughs dull, dead skin cells.
2. Dry off, and do a pimple check. If you spy one, dab on a tinted zit zapper (like Neutrogena SkinClearing Blemish Concealer, $10), and set it with powder.
3. For eye-catching shine, spritz on some skin-illuminating spray (we love Hampton Sun Serious Shimmer Cooling Spray in Bronze, $32) before getting dressed.

SOURCE: TIM QUINN, CELEBRITY MAKEUP ARTIST FOR GIORGIO ARMANI BEAUTY

(Clockwise, from left) Theodore Wood/Camera Press/Retna Ltd.; Slaven Vlasic/Getty Images; Lester Cohen/WireImage; Jordan Strauss/WireImage. See page 258 for shopping information.

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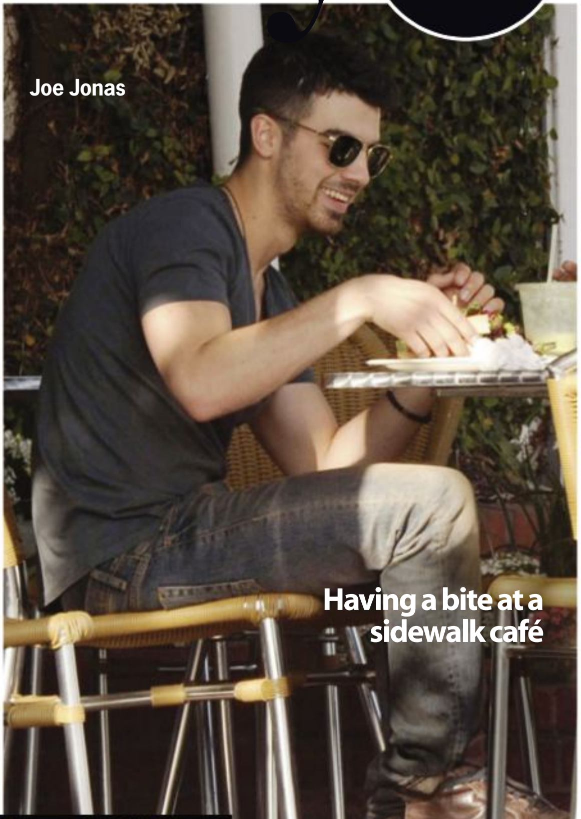
sexy vs. skanky



Joe Jonas

Having a bite at a sidewalk café

Melanie Griffith

Squatting on the sidewalk

Rosie Huntington-Whiteley

Chantelle Houghton

Nicole Scherzinger

Adam Lambert

A tiger-print dress	Tiger-print body paint
Girl power	Slut shaming
Chain-laden belts	Chain smoking
A fringed bag on her	A fringed poncho on him
Turning to an ex for support	Cheating with an ex
Freshly applied lipstick	Freshly smudged lipstick

Selena Gomez

Kelly Osbourne

(Left to right, from top) London Entertainment/splashnews.com; Capo/splashnews.com; Steve Granitz/WireImage; splashnews.com; xposurephotos.com; Mike Marsland/WireImage; Fame Pictures; Amanda Edwards/Getty Images.

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Double-Duty BEAUTY

Only have a minute to prep before dashing from work to cocktails with the girls? Use a pretty pink cream blush to add a rosy glow to eyelids, lips and cheeks.

Headed to an important meeting and your nails aren't looking so hot? Just rub a little lip balm into cuticles for a more polished, professional look.

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We want to hear from you! Visit **Cosmopromo.com** starting September 13 and tell us how your favorite beauty product helps you look and feel great in more ways than one. One lucky contest winner will receive:

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NO PURCHASE NECESSARY TO ENTER OR WIN. What's Your Double-Duty Beauty Secret? Contest Sponsored by Hearst Communications, Inc. Contest runs from 5:00 PM ET September 13, 2011 through 11:59 PM ET October 10, 2011. To enter go to cosmompromo.com and complete the entry form, including your short essay of up to 250 words. Must be 18 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at cosmopromo.com.

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confessions

Cosmo readers share their most shocking stories and steamiest secrets.

Glass Act

"One day, I got to work early. I didn't want to go inside yet, so I sent a few sexy texts to my boyfriend. When I saw other people heading into the building, I got out of my car and walked with my head down as I wrapped up our sexting session. I kept walking, not paying attention, until I slammed into the glass door in the front of the building. A few coworkers saw me (the whole lobby is glass) and started laughing."

—Amber, 22

Waxing Romantic

"My husband and I were celebrating our first wedding anniversary. To make the night extra special, I lit a bunch of candles in our bedroom, put a sexy playlist on his iPod, and hooked it up to the speakers. When I heard him come home, I yelled for him to come find me…and when he did, he pounced. But I was so worked up by that point that as we were taking off each other's clothes, I flailed my arm out to the side and knocked over one of the candles. It fell on his iPod, which caused the iPod screen to melt from the heat, and wax spilled onto the speakers. I felt so bad that I went out and bought him a brand-new one the next day."

FEEL THE BURN

—Mel, 31

Pleasure Chest

"I was moving to a new apartment and was taking boxes back and forth. So one day before work, I piled a few random boxes into the backseat of my car to drop off at my new place. At lunch, a group of my coworkers and I decided to get food in town. I offered to drive myself and two others—I just stacked the boxes on top of one another on the opposite seat to make room. As we were driving, I hit a bump in the road, which caused the top box to topple over and spill. I told the girl sitting in the backseat that I'd pick everything up as soon as we got to town, but she just gave me a weird look.

"Once we arrived, I got out to clean up the mess and was shocked to see that the box that had spilled contained the contents of the goody box that I keep in my chest of drawers! My condoms and lube were lying on the floor. I apologized and told her I had no idea, but I could tell she was traumatized."

—Leigh, 25

Rugs and Kisses

"I'd just had sex with my new guy for the first time, and it was great. We were cuddling in bed afterward, completely naked in the dark, until he got up to turn on the lights. I wasn't ready at that point for him to see *everything*, so I got up and tried to nonchalantly grab my clothes so I could quickly get dressed. But in my hurry, I slipped on his bedroom rug and slid on it on top of the hardwood floor until I crashed right into his wall. I fell backward naked, completely horrified as he just stood there laughing."

—Brenda, 25

Tickled Pink

"I was fooling around with my guy in his bedroom when my cell phone started ringing. I tried to silence it but accidentally wound up answering… and it was my mom! Well, almost immediately after we said hi, she said she had another call and put me on hold. While I waited for her, my guy started playfully tickling me. I told him to stop since it was my mom, but he kept going anyway. I got so annoyed with him that I finally said, 'Come on, that's unfair—I don't have a shirt on! I'm defenseless!' Of course, at that moment, I heard a 'Hello?!' on the other end. My mom had come back just in time to hear my outburst. The rest of the convo was a bit awkward."

—Beckah, 18

Here Comes the Crotch

"I was a bridesmaid in my brother's wedding. We had to wear light yellow dresses, and I realized

Damage Control

"She should just own it. If she laughs about it, she'll be fine, but if she acts uncomfortable, things will get awkward since he won't know how to react. Beat him to the joke and say something like, 'Who put that wall there?' A sense of humor is key."

—Lawrence, 29

ADAM FEDDERLY. Names of readers who share stories and of those mentioned in the stories have been changed to protect their privacy. Stories may have been edited for length, content, and clarity.

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“Thinking we were alone, I told my friend my crush had gotten even hotter, and I wanted to get some.”

on the wedding day that I’d forgotten to bring nude underwear. To prevent embarrassment, I decided to go commando. Everything was fine until after the ceremony, when a few of us went outside together to the reception area. To get there, we had to walk up this small hill…but as I was climbing, I tripped and ended up stumbling down the hill. I quickly tried to pull down my dress, but it was too late. I’d already flashed all my friends and half my extended family.” *—Katelyn, 20*

Up in Flames

“My friend was throwing a bonfire at his house with people from high school I hadn’t seen in years. I was hoping this guy I used to like would be there, because I had definitely upgraded my looks since then. My BFF and I got there late, so we let ourselves in and went to the bathroom for a mirror check. I thought we were the only ones in there, so I loudly told my friend that I had seen some pictures of my crush online, thought he’d gotten even hotter over the years…and totally wanted to get some. But when we opened the door, my crush’s best friend was waiting there to use the bathroom. I knew he’d overheard, because he gave me a weird look—busted! Even worse, I saw him whispering to my crush later on, and then they both glanced my way.” *—Jane, 23*

Sloppy Seconds

“My roommate is a total slob, and she insists on showering first in the morning. Not only does she take incredibly long in the bathroom, but she always leaves water on the floor and her towel balled up in the corner. I normally just deal with it and tidy up in there after her, but one day, I couldn’t stand it anymore. I took her towel and used it to wipe down the floor, sink, and tub. Later that day, she asked me why her towel was so gross, and I told her that she’d left a pool of water on the floor from her shower, so I’d used the closest thing I could find to clean it up—her towel.” *—Ira, 20*

Buggin’ Out

“My husband and I went to dinner with some new friends. While we were eating, I felt a tickle on my leg, looked down, and saw a huge spider crawling on my ankle! I am seriously afraid of creepy-crawly things, so I started to panic. I jumped out of my chair and tried to flick it off, then screamed at my husband to get him to help me. He did, but by the time I had composed myself, the entire restaurant was staring at me—I’d definitely caused a big scene. Our new friends haven’t asked us out to eat with them again.” *—Shauna, 30*

SO CREEPY

The Writing’s on the Wall

“One of my friends had been planning a surprise party for her boyfriend. Unfortunately, I had to work the night of the bash, so I wasn’t able to make it. I felt bad, because I was friends with her boyfriend too, so I wrote on his Facebook wall the morning after my night shift and told him I was sorry for missing his party. I also said I hoped he had been surprised and had tons of fun. A few hours later, my friend called me—she was livid. The party was actually *that* night…meaning I’d gotten my days mixed up! After her boyfriend read my wall post, he’d called her, confused, to ask her what the deal was. I can’t believe I totally blew the surprise—she’s still mad!” *—Deb, 24*

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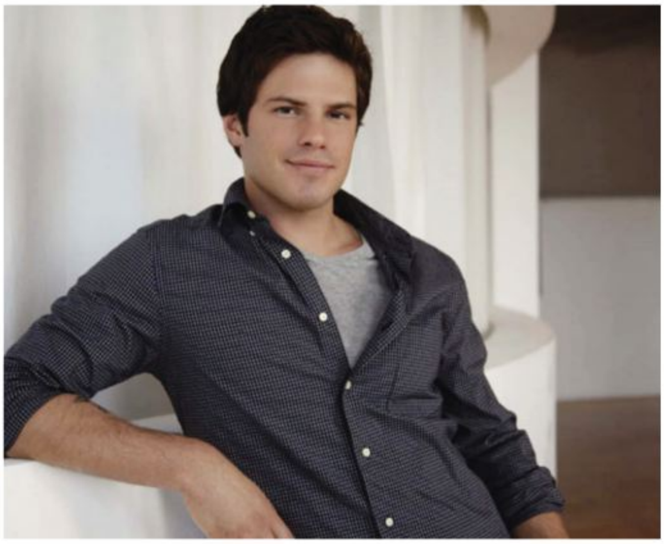
GUY confessions

Men admit to their dirtiest deeds and most shameless scams ever.



Grin and *Bare* It

"The other night, my friends and I were playing truth-or-dare, and they dared me to streak around the neighborhood. Since it was 2 a.m. and the streets were completely deserted, I agreed. So I stripped down, ran down the block naked, and… saw flashing red and blue lights. Uh-oh. I darted into the woods and crouched down naked in the bushes—and luckily, the cop did a few laps and then drove off. When all was clear, I bolted back to my friends, who had been watching the whole scene through the window and could barely breathe from laughing so hard. I, on the other hand, was still completely freaked…not to mention super itchy from my close encounter with the wilderness!"

—Damian, 25

The Big Bang

ZIP YOUR LIPS

"I met this hot girl at a bar. We hit it off, so I brought her back to my place. I quickly learned that she was adventurous, so I asked her to unzip my jeans with her teeth to be hot. She was all for it, until she yelped and jumped back—apparently, I'd moved my hips too quickly in the heat of the moment, which caused her to chomp on my zipper too hard and hurt her tooth! Thankfully, it didn't chip, but she was still pissed. I felt so bad since I'd suggested the zipper move in the first place. That ended the action right there. Ouch."

—Hunter, 23

Sleeping Around

"One night before work, I couldn't get to sleep, so I stayed up late watching TV. I was groggy in the morning but powered through. We had a lunchtime meeting with the entire staff, so my boss got us all this food and we ate in the conference room. I chowed down…and afterward, my eyelids started getting heavy, probably from the big meal–no sleep combination. Before I knew it, I heard my boss calling 'Craig!' and my coworker next to me gave me a shove. I'd dozed off! My boss was like 'Sorry if this is boring you. Would you care to leave?' I sat up and said, 'No, sorry, sir…' and grabbed my notepad to take notes. It was so bad. My coworkers still joke about it." *—Craig, 28*

Park and Ride

"My girlfriend and I wanted to mix things up, so I convinced her to do it with me on top of this open parking garage. We went late at night, when the lot was basically empty, and got it on against the guardrail. The whole thing was really hot, until we heard people hooting at us from the ground below—some drunk college students coming home from the bar had spotted us up there! A few of them were even taking pics of us with their phones. Luckily, we were four levels up, so they couldn't get a clear shot of us in the nude, but my girl was still way embarrassed and burst into tears. We left right away." *—Art, 23*

Hey, Nicky, You So Fine

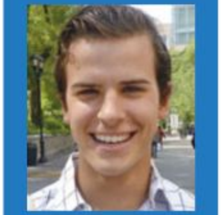
"I hadn't seen my girlfriend, Nicky, in a few days, so I was excited to go to her place that night. The morning of, I texted her, 'Can't wait to see your sexy body tonight!' She didn't respond, which was weird, because she usually loves sexting. An hour later, I received an irate phone call from my dad. I had texted my Aunt Nicky, his sister, by accident, who was above my GF in my phone book! I immediately texted my aunt to tell her my message wasn't for her, but the damage was done. Family get-togethers have been so awkward ever since."

—Jerry, 27

A Naughty Twist

"My girl and I were hanging out at our friend's house with a few people. Everyone was watching TV, so we decided to go up to the roof to be alone. We started hooking up, and I somehow managed to twist my ankle while we were rolling around.…It hurt like hell. I tried to keep going, but the pain was so bad I had to stop. I couldn't even walk on it, so my girlfriend

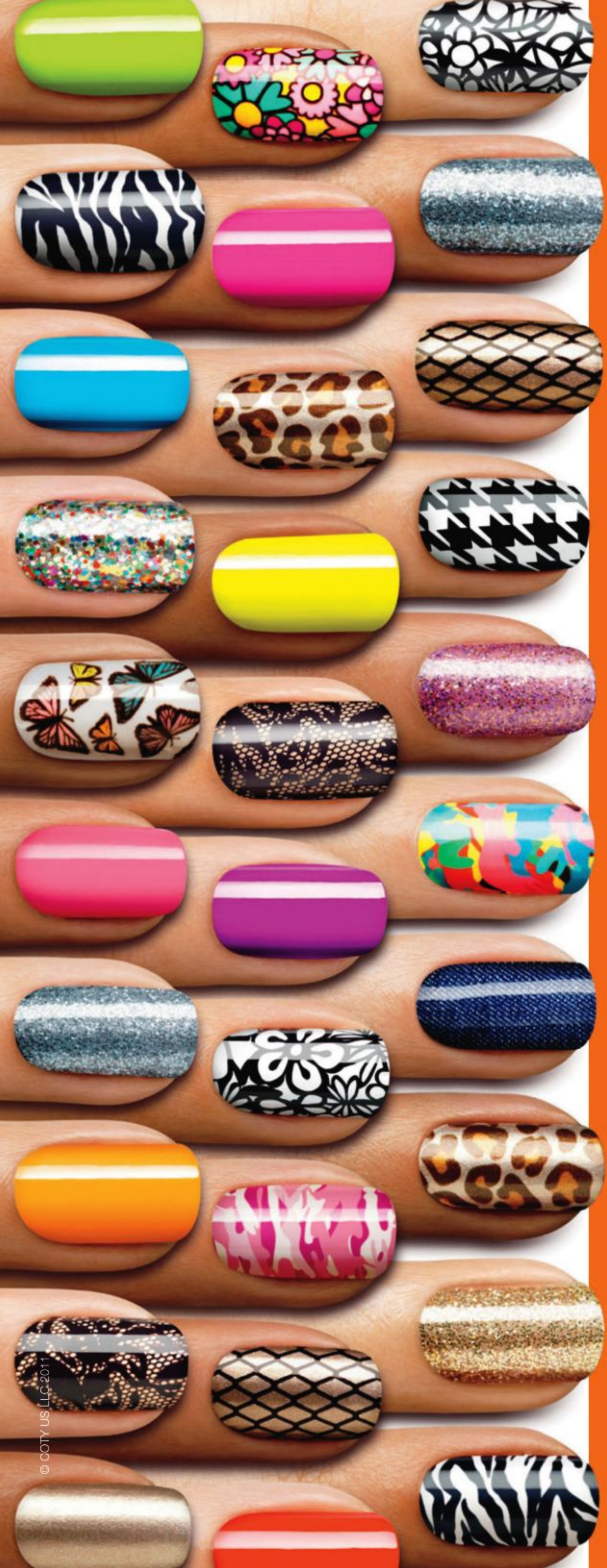
Hot-Guy Blooper



"I got a new job at a nice restaurant. We had to pour wine a fancy way—you put the bottleneck on one wrist, and use your other hand to pour the wine over your arm. On my first shift, I missed the glass and poured a man's drink into his lap."

—Philip, 23

EMMET MALMSTRÖM. Names of readers who share stories and of those mentioned in the stories have been changed to protect their privacy. Stories may have been edited for length, content, and clarity.



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GUY confessions

"While I was sitting at the nail salon being pampered, I saw my boss walk in....I'll never live it down."

called one of my friends from downstairs to help drag me through the window that leads out to the roof porch and support me as I hobbled down to get ice. It wasn't my manliest moment." *—Dave, 25*

Play It by Ear

"I took this girl to the movies for our first date and was nervous because I really liked her. We ended up holding hands and whispering throughout the film—we were definitely feeling each other—so when the credits rolled, I leaned over to kiss her. But since it was really dark, I completely missed her lips and somehow managed to give her ear a nice little smooch instead. All she heard was this loud slobbering noise, which made her jump back in disgust. Not smooth at all." *—Jack, 25*

Big Primpin'

"One Saturday, I had nothing to do, so I ran some errands with my girlfriend. She was dying to get her nails done, so I agreed to go with her. When we got there, the owner of the salon looked at my hands and feet and demanded that I get a mani-pedi too. I said no way, but then my girlfriend chimed in. They were ganging up on me, so I gave in. While I was sitting in the chair being pampered (and, okay, actually enjoying it), my boss walked in. I heard him say he wanted to buy a gift certificate for his wife. Really? He had to go to that salon?! He saw me and came over to say hi, and I turned red and mumbled something about my GF dragging me there. But of course at the moment, she was getting her eyebrows waxed and was nowhere in sight. Now, my boss likes to joke about my secret girlie habits, and I'll probably never live it down." *—John, 30*

Me Llamo Idiot

"I met this girl who seemed worldly and cool. I felt lame in comparison, so to impress her, I lied and said that I could speak Spanish. She was into it, and at the end of the night, I got her number. We started seeing each other, and for our third date, she said she'd pick the place. When we got there, my stomach dropped: It was a seriously Spanish restaurant. Nothing was in English. I remembered my lie and knew she'd brought me there because of it, so I started panicking. When the waiter asked us for our order, she said, 'Ooh, can you say it in Spanish?' I looked at the menu, saw all the foreign words, and had no clue how to pronounce them. I was screwed. I had to admit that I, uh, *may* have lied about that particular ability. My date was not happy and left before our food came. I haven't heard from her since." *—Keith, 25*

FOREIGN AFFAIR

You So Deserve Each Other

"I'd been dating this girl for a few months. Things were going great until she randomly stopped returning my calls. I went over to her house to confront her, but she said nothing was wrong. I didn't believe her, so I checked her phone when she went to the bathroom. Lame, I know, but I found a billion flirty texts she'd exchanged with one of our mutual friends, Chris. Instead of calling her out right then, I went home, canceled our relationship on Facebook, and set my status to: 'Congrats to Alanea and Chris, the new couple. I hope your relationship is as awesome as ours wasn't,' and tagged them both. It felt so freaking gratifying to expose them to everyone." *—Seth, 25*

Have a juicy confession? Log on to tell us the dirty details. **COSMOPOLITAN.COM/CONFESS**

A LADY
IS NEVER
IN A HURRY
BUT CAN STILL
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The Naughtiest Thing I've Ever Done

"I Had Secret Sex With My Frenemy's Crush"

Making a bitch pay can leave you so…satisfied.

I have this friend, Jane (names have been changed), who is really condescending—especially when it comes to men. She constantly puts me down in front of cute guys and even does this thing where she'll see a lame-looking dude and say to me, "He's so your type. You should totally go for him." Ugh.

Anyway, last summer, Jane and I and a bunch of our friends decided to rent a beach house together for a week. Jane also invited her crush, Matt, with whom she was completely obsessed. She spent an entire week shopping for skimpy bikinis and cute outfits to wear to seduce him…and she also made sure to tell me, with a faux sympathetic smile, "Maybe someone at the house will like you too."

Well, turns out, she was right. As soon as we got to the rental, Jane introduced me to Matt. He was insanely gorgeous—with shaggy blond hair and big, blue eyes—and I swear on my life, we were instantly attracted to each other. Matt started flirting with me right away, asking me tons of questions and being all smiley. Jane obviously noticed, because when he left the room, she asked, "Why is he talking to *you* so much?" Like she couldn't even fathom the idea that a guy would choose me over her.

That was my "eff you" moment. I'd had it with Jane's bitchy, superior attitude. I decided right then and there that even though she was so into Matt, I'd go for him. So for the next couple of days, I got my flirt on with Matt whenever Jane wasn't around—we put sunscreen on each other's back and splashed around in the surf. Finally, after two days of unapologetic flirting, Matt kissed me in the basement of the beach house. I told him then that we had to keep our thing private, because Jane was into him. He said he didn't want Jane. He wanted me. I couldn't help but gloat—not just because I wanted to jump him, but also because I was sticking it to Jane.

Matt and I secretly hooked up for the rest of our vacation. We snuck out to the beach every night to get it on after everyone else had gone to sleep (since we were in different rooms, we'd text each other to plot where we'd meet up). And the fact that we had to act normal around the others during the day made our moonlight sessions even sexier.

I never felt bad about stealing Jane's crush, and she didn't even find out about our romps. In fact, at the end of our stay, Jane went on about how awful and lame Matt turned out to be….She was obviously too proud to admit that she couldn't reel him in. And Matt and I decided to keep our relationship what it was: the sexiest summer fling ever.

All-Out Action

82 percent of people say they're more likely to have sex outside (on the beach, in a hot tub) while on vacation.

SOURCE: 2011 WET INTIMACY PRODUCTS SURVEY

TAMARA SCHLESINGER. This is a professional model.

Tell us your naughty story. COSMOPOLITAN.COM/NAUGHTY

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Age-Defying HAIR

You faithfully slather on the sunscreen and get your fill of antioxidants, but when it comes to aging, your face is only part of the story. Hair needs the same preventive TLC to stay soft, hydrated and youthful. So what's the best way to care for fragile strands? Industry insider **Robert Cromeans** answers the biggest questions about how you, and your hair, can age gracefully.

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■ *As we age, is it normal for hair to not feel like it used to?*

Thin, weakened and lackluster hair is a common complaint among many of my clients. Aging, heat styling, chemical services and environmental damage all play a large role.

KeraTriplex™ Treatment Improves Shine

up to 35%*

*Compared to untreated hair; results may vary.

■ *Is there anything women can do to prevent further damage?*

Once in a while, give your smoothing and curling iron a rest. The emerging trend for all ages is volumized hair that embraces its natural texture. For a quick wash-and-go style, nourish hair with **Awapuhi Styling Treatment Oil®** and wrap it in a sleek bun.

■ *How can I keep my style young and not dated?*

Always keep hair healthy-looking with regular trims. Ask your stylist to work in layers at your crown to help boost volume. Most women should avoid harsh lines, as in blunt cuts and bobs. Keep color fresh, and don't let your roots go too long without touch-ups!

> **The emerging trend for all ages is volumized hair that embraces its natural texture.**

■ *Some women are gray by 30! Is there anything they should change about their color routine if they're concerned about aging hair?*

Whether you diligently color your hair or prefer your gray au naturel, aging hair tends to be coarser, drier and lacking shine. It also needs to be colored more often. To restore hair's vitality and prevent your color from fading, the **KeraTriplex™ in-salon professional treatment improves shine up to 35% and prevents color from fading up to 67%**. This revolutionary treatment mends damaged sites on the hair shaft and provides a smooth surface to which color can adhere with a stronger bond.

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■ *Are there any at-home strategies to help restore and protect my hair?*

What you use at home is just as important as what you get in the salon. The best solution for combating aging and thinning hair is an at-home hair care regimen like **Awapuhi Wild Ginger®**, which fortifies the hair, giving it strength and protection from further damage.

■ *Any styling tips for women over 30?*

Work with your natural texture. Embrace your waves and enhance them with **Awapuhi Texturizing Sea Spray™**. Spray damp hair, then twist small sections around your fingers. Let air-dry and tousle for an easy, beachy effect. If you must use a blow-dryer, try adding a boost of volume and hydration with **Awapuhi HydroCream Whip®**. Ditch your smoothing iron and play up the soft body this product creates. A thorough application is most important—comb through to ensure all hair strands are saturated.

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■ *What's the secret to a salon-quality blow-out at home?*

Apply a styling product from root to tip that fights frizz, hydrates and volumizes. Blow-dry two-inch sections at a time, using the nozzle attachment on your dryer and a good-quality round brush. Try **Awapuhi HydroMist Blow-Out Spray™** for the perfect blow-dry prep—it infuses hair with moisture without weighing it down, leaving you with a silky, long-lasting style.

■ *What styling tool should every woman have?*

A professional blow-dryer is a must. I recommend the **Paul Mitchell Express Ion Dry®**. It dries hair up to 60% faster so your fragile locks will spend less time under the heat. Invest in a thermal round brush and a high-quality boar bristle smoothing brush.

■ *What is the most common mistake women make when it comes to their hair?*

The only mistake is that most women don't see their hairdresser often enough!

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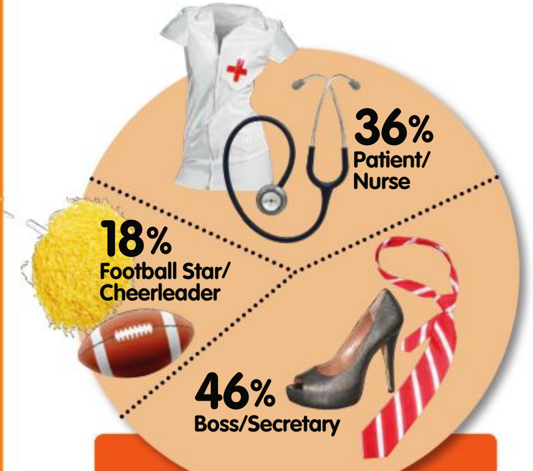
101 THINGS ABOUT MEN

His Number One Role-Play Fantasy

We polled guys to discover the scenario they'd most love to act out with you in the bedroom…and we're pretty sure they'd be psyched if you donned the cliché costume on Halloween too.



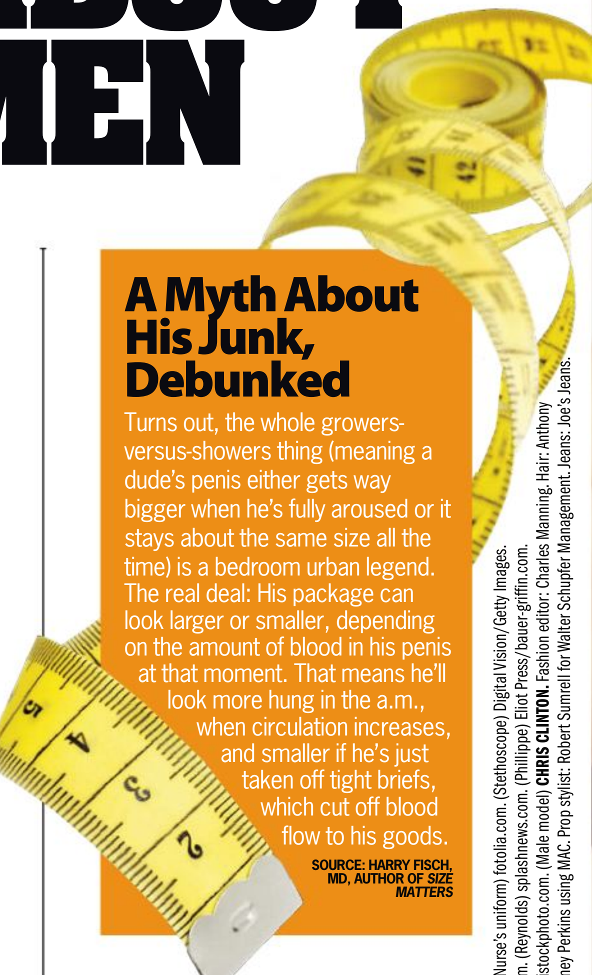
WHICH RYAN IS YOUR SOUL MATE?

They may all have the same name and sick bodies, but they have totally different BF styles. Whether you're a Reynolds, Phillippe, or Gosling girl reveals info about the men you're drawn to.

Ryan Reynolds
You like the fratty guy next door turned stud. And while he's super social with a goofy sense of humor, he's also low-key and reliable—both awesome traits… unless you're a more restless, Scarlett Johansson type.

Ryan Phillippe
You go for the mysterious, sophisticated guy. He's charming, and since you can't quite figure him out, he can be addictive. Just be careful that his allure doesn't blind you to whatever red flags (if any) pop up down the line.

Ryan Gosling
You like the adorable indie dude. Yes, he's sensitive, and he'll even discuss his feelings without any prompting. But he also expects you to emote just as much, so there may be friction if you have a more bottled-up MO.



A Myth About His Junk, Debunked

Turns out, the whole growers-versus-showers thing (meaning a dude's penis either gets way bigger when he's fully aroused or it stays about the same size all the time) is a bedroom urban legend. The real deal: His package can look larger or smaller, depending on the amount of blood in his penis at that moment. That means he'll look more hung in the a.m., when circulation increases, and smaller if he's just taken off tight briefs, which cut off blood flow to his goods.

SOURCE: HARRY FISCH, MD, AUTHOR OF *SIZE MATTERS*

[**23** *percent of men admit they've cheated.*]

SOURCE: INDIANA UNIVERSITY STUDY

(Pom-pom) Fuse/Getty Images. (Football) Getty Images. (Nurse's uniform) fotolia.com. (Stethoscope) Digital Vision/Getty Images. (Shoe) **KEVIN SWEENEY/STUDIO D.** (Tie) istockphoto.com. (Reynolds) splashnews.com. (Phillippe) Eliot Press/bauer-griffin.com. (Gosling) Derek Storm/splashnews.com. (Tape measure) istockphoto.com. (Male model) **CHRIS CLINTON.** Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Courtney Perkins using MAC. Prop stylist: Robert Sumrell for Walter Schupfer Management. Jeans: Joe's Jeans.

Watch the shape of his pants magically change as you move.

THE LAP DANCE HE'S DYING TO GET

Seducing your guy with one of these should be fun and sexy. But without a plan, you'll feel as lost as Wendy Williams on *DWTS*. To help you out, we had men pick their favorite parts of a lap dance. Fawnia Dietrich, instructor at Pole Fitness Studio, in Las Vegas, teaches you the top three.

1 "She Dances Against Me"

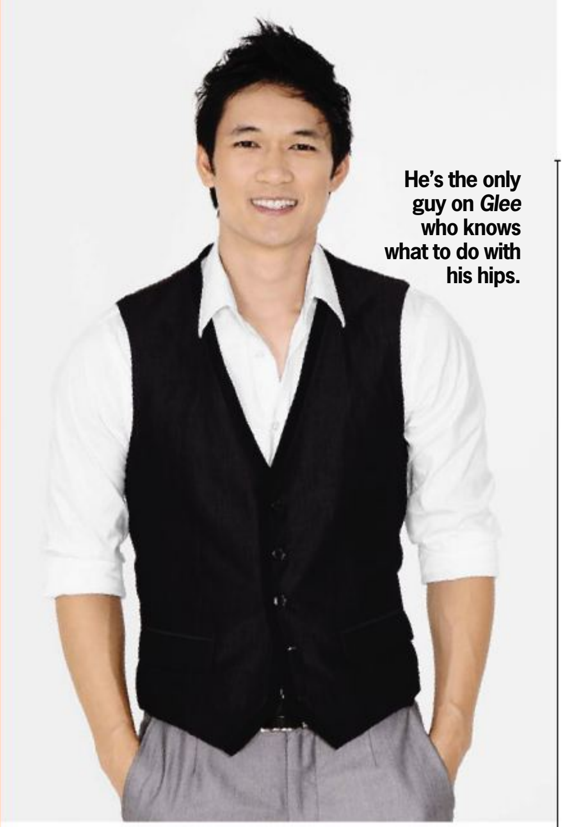
Stand between his legs, facing away from him. Bend your knees, and lower your butt so it's hovering over his package (put your hands on his thighs for balance). Next, move your cheeks against his body—go in circles, up and down, and in a figure eight. To make his jaw unhinge, look back at him as you dance.

2 "She Touches Herself"

The key here is to go *slooowly*. It's all about the tease, since he can't touch you. Take your hands and lightly trace your fingers down the sides of your neck, making your way down to the outer edges of your boobs. Pause here and stroke your girls, then head down to your abs, hips, and butt.

3 "She Bends Over So I Get a Hot Rear View"

Stand so you're in the space between his knees, and bend over like you're picking up something off the ground. Put your hands on the floor or your shins, and keep your legs mostly straight, so your booty pops in the air. Slowly come back up, and twirl around to see his eyes popping out of his head.



He's the only guy on *Glee* who knows what to do with his hips.

How to Tell If He'll Be Good in Bed

(And More Tips From a Guy We Love)

Harry Shum Jr., aka Mike Chang on *Glee*, is known for his dance skills and lickable abs. Who better to tap for advice on meeting a man with serious moves?

Q. What can a woman deduce about a guy from the way he dances?

A. You can tell a lot about his confidence. If he's in the middle of the circle having fun, he's one of those easygoing guys who isn't afraid to be goofy. But if he's showing off and taking himself seriously, then he's probably insecure and a little narcissistic.

Q. Do you think the way he dances hints at his sexual skills?

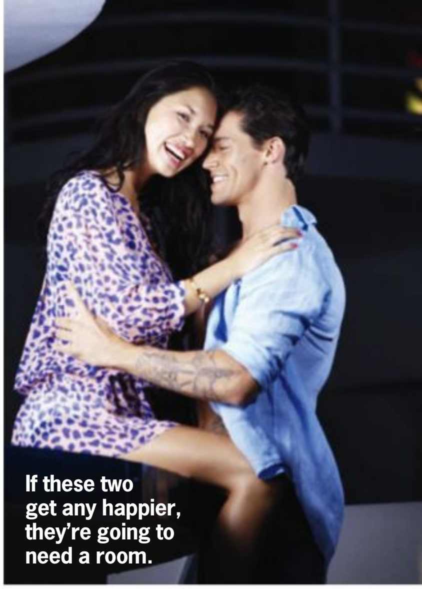
A. Definitely. Dance was a mating ritual back in the day, and I don't think it's any different now. When he's dancing creatively and hitting the beat, he'll probably be able to do that in bed. And guys like to see a woman with rhythm too.

Q. If a girl wants to dance with a guy, what's the best way for her to approach him?

A. Go for it. You don't need to talk; just make eye contact.

3 DATES THAT'LL MAKE HIM SURPRISINGLY HAPPY

Men who enjoy cultural stuff, such as going to plays and museums, are more satisfied, a recent study finds. So we drummed up cool, artsy activities to turn him on to.



If these two get any happier, they're going to need a room.

1

WATCH AN INDIE FLICK

They're not all emo with subtitles, we swear. Here are two worth Netflixing: *The Tree of Life*, a gripping drama starring Brad Pitt, and *Everything Must Go*, a comedy-drama hybrid with Will Ferrell.

2

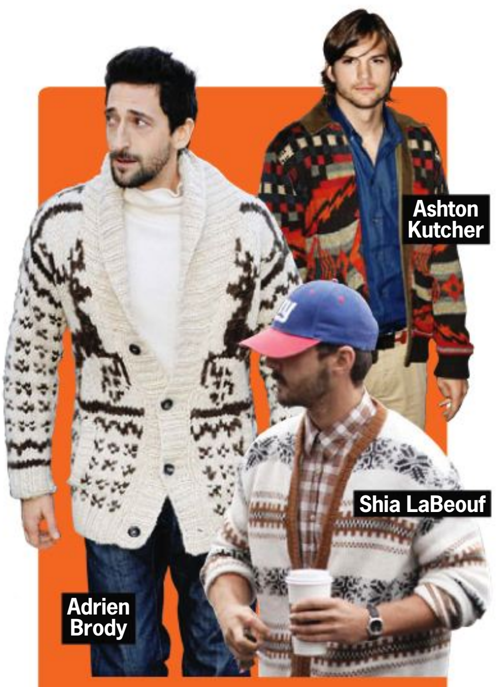
CHECK OUT A MUSEUM COCKTAIL PARTY

A lot of them host boozy shows that are open to the public. Even if neither of you can tell a Monet from a Matisse, art becomes infinitely more interesting after a martini or two.

3

STRIKE OIL

Wine tasting is so done, darling. The hot new liquid to sample in small doses? Olive oil. Inquire at Italian restaurants or gourmet grocers for more details about events. Bread and oil, repeat—what's not to like?



FUGLY GUY GEAR: GRANDPA SWEATERS

Okay, we get it: You're cold. But even a Snuggie would be less offensive.

A Ballsy New Manscaping Trend

Apparently, guys are self-conscious about how they smell down there. So much so, they're snapping up a new grooming product that promises to keep their boys fresh—it's basically a manly baby powder that soaks up sweat. Funny fact: One of the manufacturers, Balla Powder (yes, that's really the name), reports that its top-selling scent is musk. Uh, isn't that exactly what the stuff is supposed to cover up?

(Shum Jr.) Keith Munyan. (Brody) Ray Tamarra/Getty Images. (Kutcher) KCS Presse/splashnews.com. (LaBeouf) LRR/Fame Pictures. (Couple) **CHRIS CLINTON.** (Powder puffs) Philip Dickson/Alamy.

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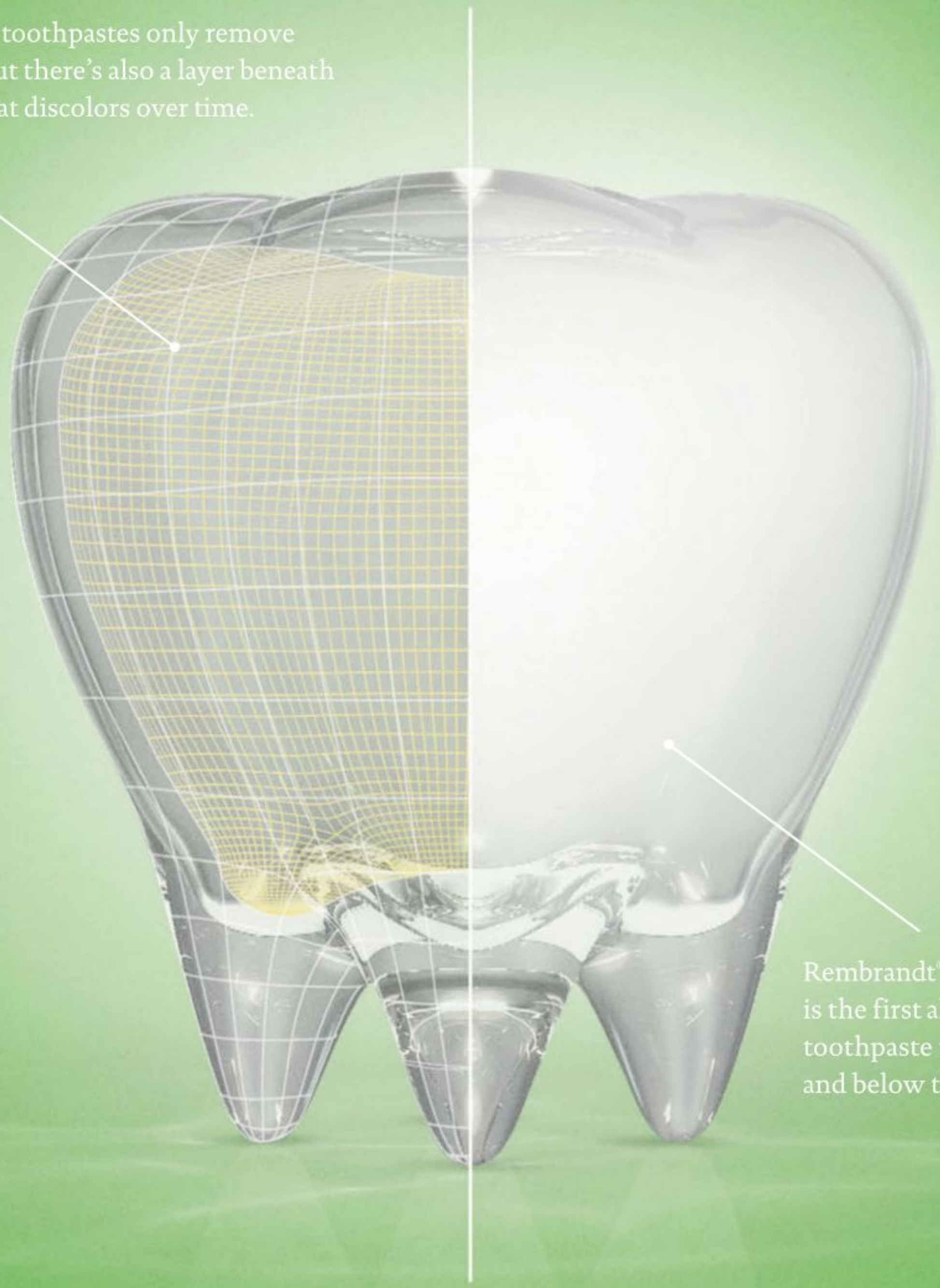

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Decode His Good-Bye

We tend to judge two things when a man makes his exit: his ass and his wave. While the first is clear-cut (is it round, firm, grab-able?), the second is harder to analyze. Allow us to translate.

The Full-Frontal Wave

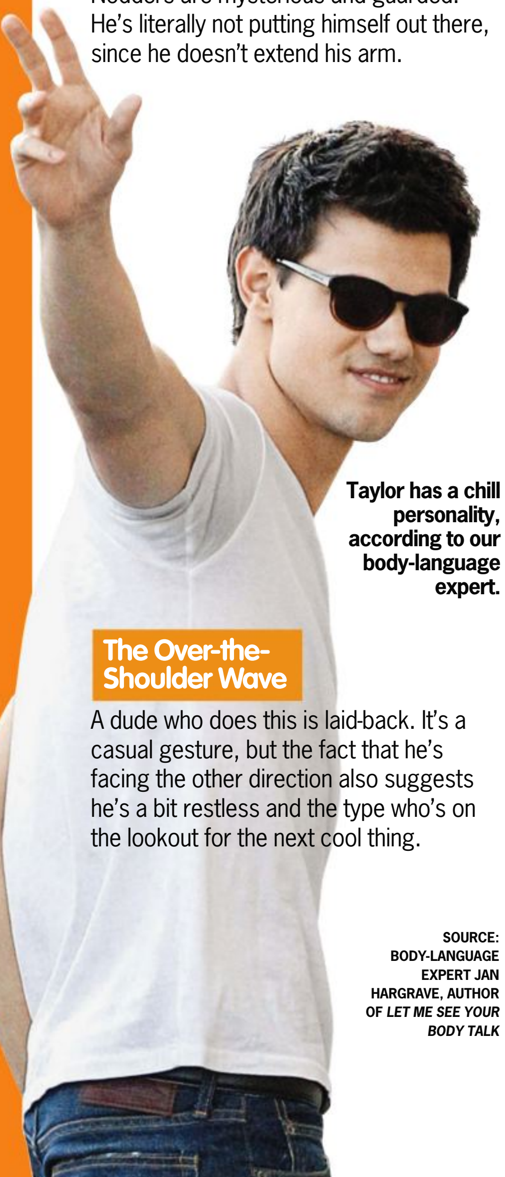
This guy is confident, strong, and genuine. By facing everyone (not turning his back), he's showing he has nothing to hide.

The Finger Point

It's an over-the-top move that indicates he digs the spotlight. Still, people tend to subconsciously point at what they desire, so if his finger lands on you, you're on his mind.

The Head Nod

Nodders are mysterious and guarded. He's literally not putting himself out there, since he doesn't extend his arm.



Taylor has a chill personality, according to our body-language expert.

The Over-the-Shoulder Wave

A dude who does this is laid-back. It's a casual gesture, but the fact that he's facing the other direction also suggests he's a bit restless and the type who's on the lookout for the next cool thing.

SOURCE: BODY-LANGUAGE EXPERT JAN HARGRAVE, AUTHOR OF *LET ME SEE YOUR BODY TALK*

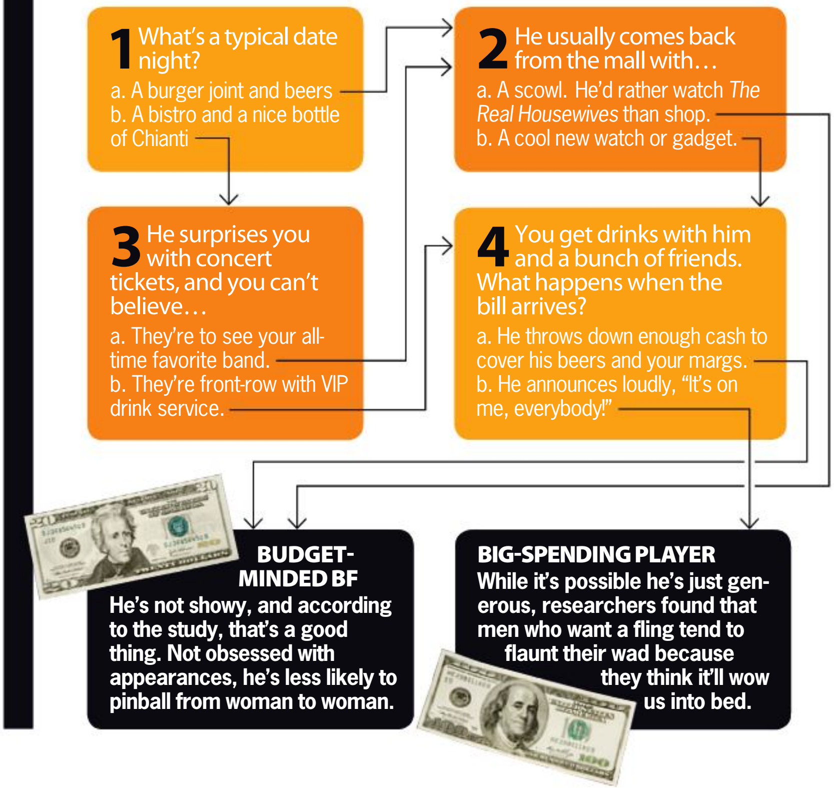
Cameron Diaz

GIRL GUNS: HOT OR NOT?

Lately, female celebs have been flaunting their sculpted arms. One hundred men on the street told us whether they prefer a woman who is jacked or just toned. The verdict: 62 percent say less muscle. (*Pssht*—we think they're intimidated.)

Does He Want You… or Just Inside Your Pants?

Researchers at the University of Texas at San Antonio discovered that men who flash their cash are more likely to seek a hookup buddy than guys who keep a tight(er) grip on their wallet. Use this chart to find out what his habits say about his relationship potential.



1 What's a typical date night?

a. A burger joint and beers
b. A bistro and a nice bottle of Chianti

2 He usually comes back from the mall with…

a. A scowl. He'd rather watch *The Real Housewives* than shop.
b. A cool new watch or gadget.

3 He surprises you with concert tickets, and you can't believe…

a. They're to see your all-time favorite band.
b. They're front-row with VIP drink service.

4 You get drinks with him and a bunch of friends. What happens when the bill arrives?

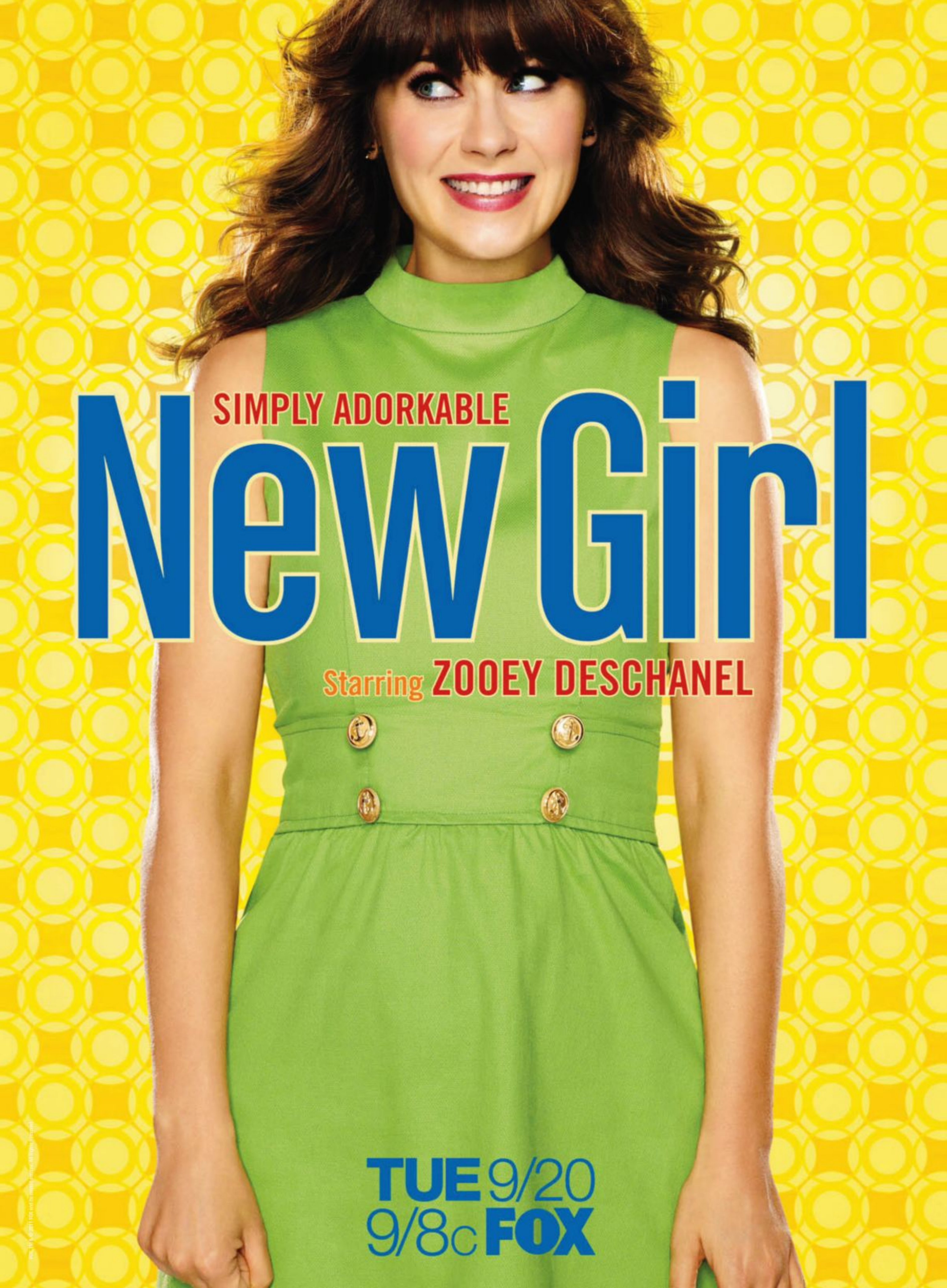
a. He throws down enough cash to cover his beers and your margs.
b. He announces loudly, "It's on me, everybody!"

BUDGET-MINDED BF
He's not showy, and according to the study, that's a good thing. Not obsessed with appearances, he's less likely to pinball from woman to woman.

BIG-SPENDING PLAYER
While it's possible he's just generous, researchers found that men who want a fling tend to flaunt their wad because they think it'll wow us into bed.

—ANNIE DALY, ANNA DAVIES, JESSICA KNOLL, CAROLYN KYLSTRA, AND KATY LINDENMUTH

(Lautner) LG/flynetpictures.com. (Diaz, from left) Hannes Magerstaedt/WireImage; Kevin Mazur/WireImage. (Money, from left) Kenneth Boardrow/Alamy; LAMB/Alamy.

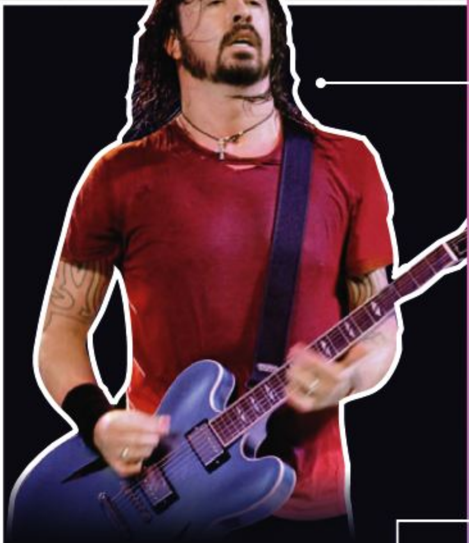

SIMPLY ADORKABLE
New Girl
Starring ZOOEY DESCHANEL
TUE 9/20
9/8c FOX

Stud Meter

KICK-ASS

Gerard Butler
"Seeking nice girl who digs skintight rubber, chiseled pecs, and long walks on the beach. Must love dogs." Call us, Gerard!

Jonah Hill
The *Moneyball* star lost loads of weight presumably because he wants to be healthier. *Or* he realized he'd be starring on the big screen alongside Brad Pitt. Either way, we like.



Dave Grohl
The Foo Fighter stopped a concert to boot a violent fan from his show. Hot.

Dave Chappelle
What's that, Dave? We couldn't hear you over the deafening roar of your new jackhammer biceps.

Orlando Bloom
He let his supermodel wife name their baby after an old boyfriend. We can't decide if he's a total pushover or incredibly sweet.

Ben Affleck
Step aside, Tom Brady. The reigning champ of most pathetic Bieber-wannabe hair is now...

Zac Efron
The former Disney star was just spotted kissing and holding hands with his ex's BFF. Really, Zac?!

Shia LaBeouf
We still can't get over the fact that he threw costars/flings Megan Fox and Isabel Lucas under the bus for cheating with him.

LAME-ASS

(Top to bottom, from left) BNSA/splashnews.com; Fotos/splashnews.com; Guerci-Bebey/x17online.com; splashnews.com; Bill Davila/startraksphoto.com; splashnews.com; Albert Michael/startraksphoto.com; Jason Merritt/Getty Images; Wylde/splashnews.com.

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MOISTURE renew
With Collagen + Vitamins A,C & E
ZOOEY DESCHANEL WEARS SHADE 500 BERRY ROSE
GET THE LONDON LOOK

†UK's #1 cosmetic brand based on sales data ending 14th May 2011
* Source: IRI $ Sales, 52 weeks Ending 05/22/11

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LONDON

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Promotion

Cosmo Promo!

Our monthly round-up of hot prizes, hot happenings, and hot stuff. cosmopromo.com Like us on Facebook. Follow us on twitter @Cosmo_Promo.

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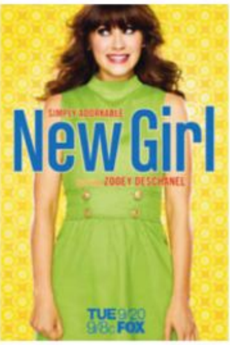

New Girl Life-Changing Night On the Town

New Girl is an original new comedy that's simply adorkable! Indie fave **Zooey Deschanel** stars as the lovable but slightly goofy Jess, who starts her life over after a bad breakup by moving in with three guys. Life is about to change for all of them!

HOT PRIZE

Tune in to the **FOX** series premiere on **Tuesday, September 20th at 9/8c!**

Ready to celebrate your very own life-changing moment? Visit **cosmopromo.com** for the chance to win a life-changing night on the town with your BFFs! One winner will live it up with car service, dinner, spending money—and fabulous product to "get the look" from Rimmel London.

NO PURCHASE NECESSARY TO ENTER OR WIN. NEW GIRL LIFE-CHANGING NIGHT ON THE TOWN SWEEPSTAKES, sponsored by Hearst Communications, Inc. Go to cosmopromo.com from 5:00 p.m. (ET), September 13, 2011 through 11:59 p.m. (ET), October 10, 2011 and complete and submit the entry form. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States, District of Columbia and Puerto Rico who has reached the age of majority in their state of residence at time of entry. Void where prohibited by law. Sweepstakes subject to complete official rules available at cosmopromo.com.
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Gift your Guy with Havaianas

Urban Havaianas is a new collection of flip flops made especially for men. This year's Cosmo Bachelors are each receiving a pair, and you can check out the sexy, single guys for yourself at **cosmopolitan.com/bachelor-voting** starting October 3. Click through their photos and profiles, and vote for your favorite until October 16th. One lucky (and very hot) guy will win Bachelor of the Year and $10,000.

Plus, don't miss your chance to win a Cosmo issue autographed by the Bachelors and your own pair of Havaianas. Get all the details in the November issue's Cosmo Promo. To learn more about Urban and to find a retailer near you, visit **us.havaianas.com**

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Advertisement

Your color can be as *Good as Gold*

Your hair says a lot about your overall style. Your color can—and should be—as rich and lively as your personality. Here's how to get it and keep it that way!

The Stylist's Scoop

Marie Robinson, Clairol Celebrity Stylist, gives you insider access to beautiful hair. Read on to see how to give your hair amazingly rich color and keep it glossy and gorgeous.

CLAIROL
PERFECT 10
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Get Award-Worthy Color

Perfect 10's Color Infusion formula delivers rich color. By depositing color deep inside hair's inside layer, exceptionally high-gloss shine is revealed on the outside.

Reward yourself with these must-haves!

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BLONDE EXPRESSIONS
PANTENE
BLONDE EXPRESSIONS

Keep Your Brilliant Shine

Pantene Color Expressions shampoos have liquid crystals and help reveal the three facets of your color: tone, depth, and vibrancy while the conditioners help protect from styling damage. Use regularly to enhance your color's potential. Available in Blonde, Brunette, and Highlighting collections.

Flaunt Your Fabulousness!

Celebrate your gorgeous, shiny hair by incorporating shiny metallic pieces into your wardrobe. Even simple gold bangles can accentuate your overall appeal.

Find out more at Perfectcolorin10.com and Pantene.com

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Extraordinary high gloss color begins from within.
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lash love™ mascara

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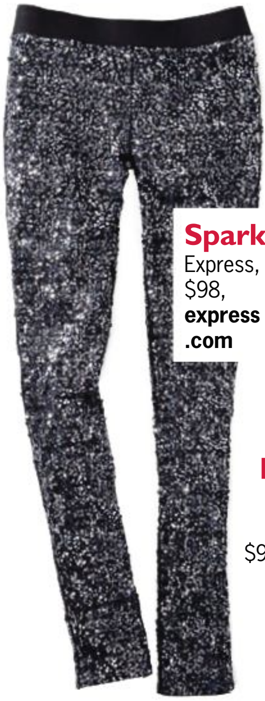
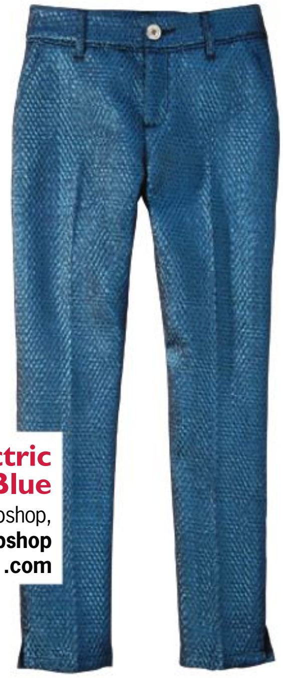
Balance out fancy pants with simple, solid tops and minimal accessories.

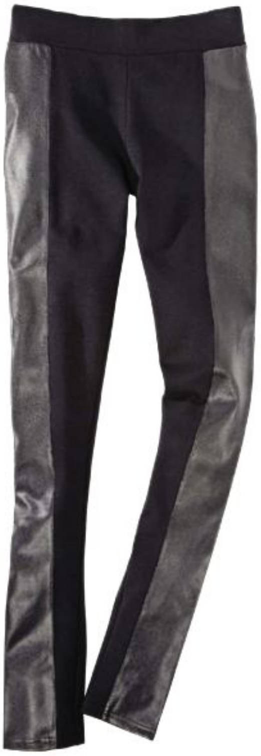
PETER SOM



Sparkly
Express, $98, **express.com**



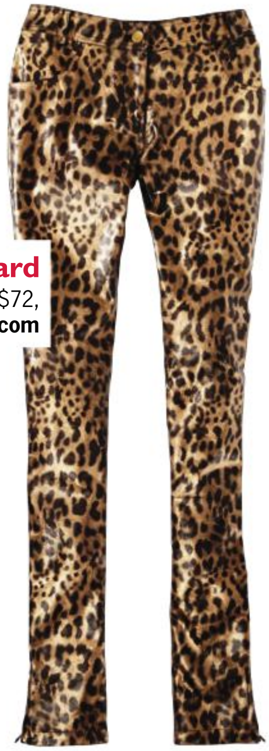
Electric Blue
Topshop, $90, **topshop.com**



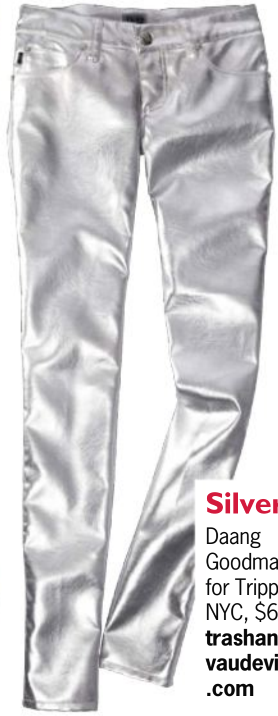
Second-Skin Pleather
Costa Blanca, $42.50, **costablanca.ca**

Wear the Pants

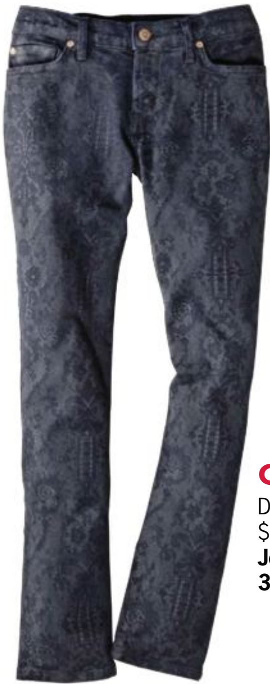
Yeah, dresses are having a moment, but for nights when you're not feeling girlie, opt for these rocker skinnies. They make us want to scream into a mic, trash hotel rooms, and fly private…or at least *look* like we could.



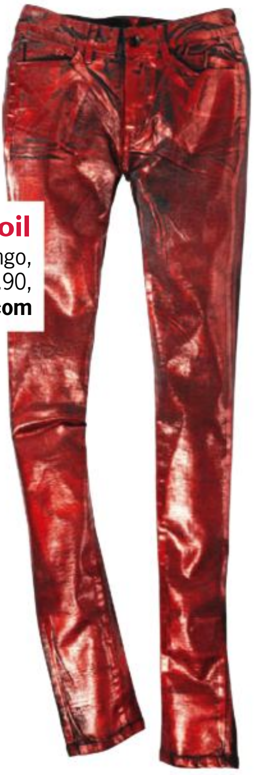
Leopard
ASOS, $72, **asos.com**



Silver
Daang Goodman for Tripp NYC, $69, **trashandvaudeville.com**



Graphic
David Khan, $228, **Post Jean Blues, 305-673-2124**



Red Foil
Mango, $119.90, **mango.com**

KEVIN SWEENEY/STUDIO D. Fashion editor: Karen Larrain. Stylist: Miako Katoh. (Runway) firstview.com. See page 258 for shopping information.

Skirt, Lulu*s, $47, **lulus.com**

Blazer, Theme, $99, **piperlime.com**

Jeans, Joe Fresh, $49, **joefresh.com**

A little goes a long way with this bold trend—avoid ODing by wearing just one metallic item at a time.

Turning Up the Shine

Screw saving your sparkle for that Saturday bash. This season's must-have flashy pieces are perfect any day of the week.

Dress, ASOS, $215, **asos.com**

Bag, MICHAEL Michael Kors, $168, **866-709-5677**

Shoes, XOXO, $70, **macys.com**

Dress, Express, $98, **express.com**

T-shirt, Vince Camuto, $245, **vincecamuto.com**

Cuff, Sequin, $48, **212-398-7363**

Shoes, KORS Michael Kors, $275, **866-709-5677**

KEVIN SWEENEY/STUDIO D. Fashion editor: Karen Larrain. Stylist: Miako Katoh.

SISTERLY
LOVE.
FASHIONABLY
FOES.

Hope Del Rio (left) daughter of Jacksonville Jaguars head coach Jack Del Rio
– Rivalry is being the best by beating the best. It's really challenging yourself.

Aubrey Del Rio daughter of Jacksonville Jaguars head coach Jack Del Rio
– Sisters are naturally best friends and rivals, especially when they steal your shirt!

Seen here rocking the Jaguars Reebok Triblend Henley available at NFLShop.com.
Select teams also available at Dick's Sporting Goods.

Find your fit at nfl.com/women.

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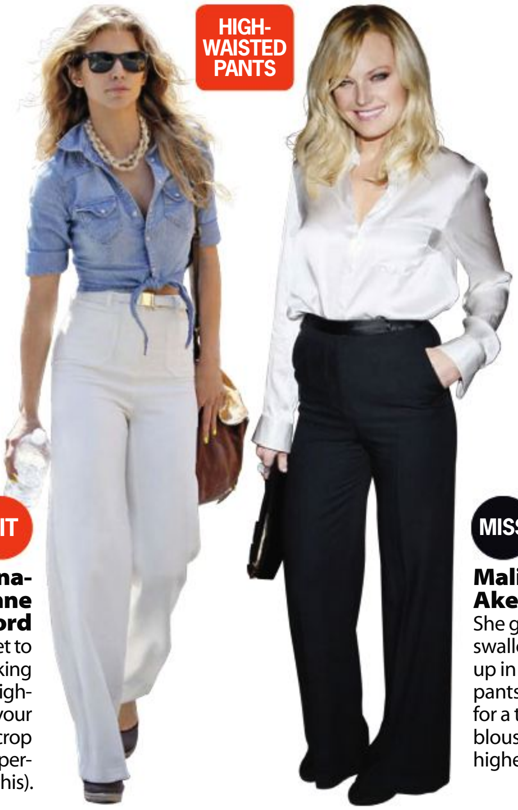
Hits and Misses

You *could* spend time experimenting to figure out how to work the latest looks. Or you could just eyeball these stars—some nailed it and some failed it.

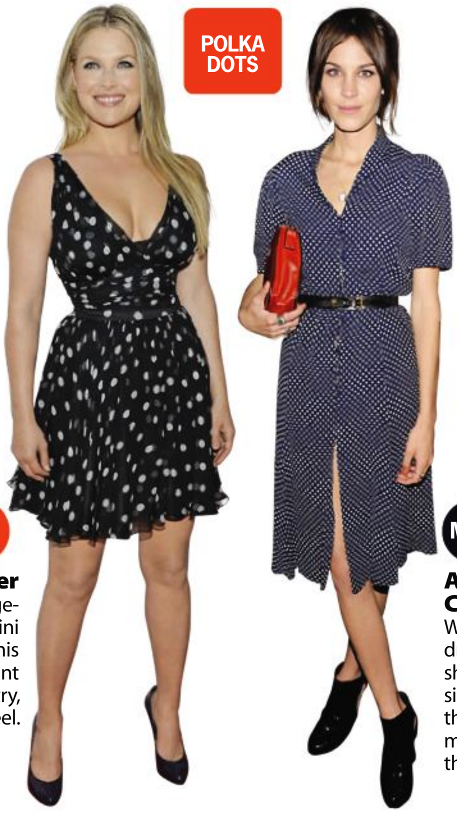
HIGH-WAISTED PANTS



Anna-Lynne McCord The secret to rocking these: Highlight your waist (crop tops are perfect for this).

Malin Akerman She gets swallowed up in those pants! Opt for a tighter blouse and higher heels.

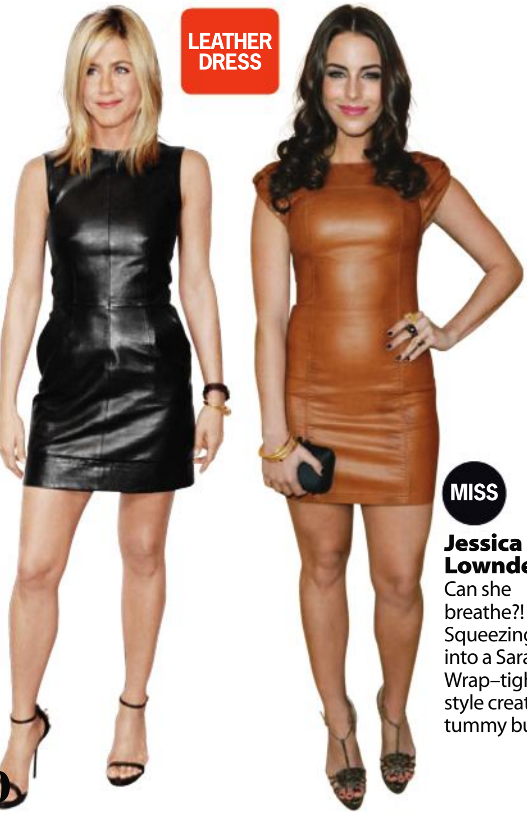
POLKA DOTS



Ali Larter A cleavage-hugging mini gives this retro print a sultry, modern feel.

Alexa Chung With a droopy, shapeless silhouette, the effect is more hick than hot.

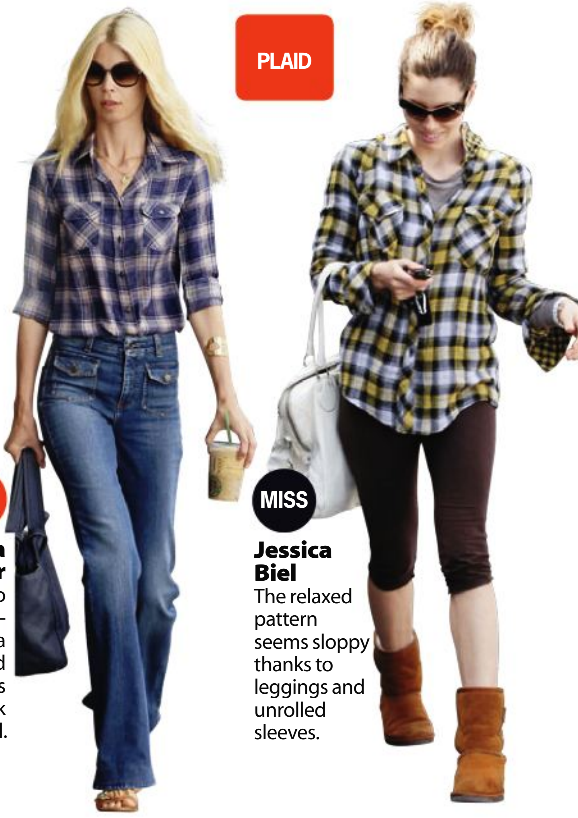
LEATHER DRESS



Jennifer Aniston It's *just* snug enough to show off her bod—she looks like a Bond girl.

Jessica Lowndes Can she breathe?! Squeezing into a Saran Wrap–tight style creates tummy bulge.

PLAID



Claudia Schiffer Tucked into fitted, worn-in jeans, a casual plaid top has laid-back sex appeal.

Jessica Biel The relaxed pattern seems sloppy thanks to leggings and unrolled sleeves.

(Left to right, from top) Christopher Peterson/Buzzfoto/FilmMagic; David Livingston/Getty Images; Jason Kempin/Getty Images; Gary Gershon/WireImage; Richard Young/startraksphoto.com; Alberto E. Rodriguez/Getty Images; John Hillcoat/Capital Pictures; Ivon-Rafael/x17online.com.

Who says there's one right answer
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philosophy®: purity is natural. we come into this world with all the right instincts. we are innocent, and therefore perceive things as they should be, rather than how they are. our conscience is clear, our hands are clean, and the world at large is truly beautiful. it is at this time we feel most blessed. to begin feeling young again, we must begin with the most basic step of all, the daily ritual of cleansing.
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8 fl. oz. - 236.6 ml

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Send Him a Tantalizing Message

The type of lingerie you strip down to can clue your guy in to your mood: totally wicked or supersensual. Try your hand at fashion telepathy with the pulse-pounding options here.

WICKED

Animal prints, black-lace trim, and side ties tell him *I want it naughty.*

Smart & Sexy, $17, **smartandsexy.com**

Smart & Sexy, $6, **smartandsexy .com**

DKNY, $40, **macys.com**

DKNY, $24, **macys.com**

Agent Provocateur, $220, **agentprovocateur .com**

Agent Provocateur, $170, **agentprovocateur.com**

Undrest, $145, **undrest.com**

Maison Close, $27.90 for two, **maison-close.com**

Guess Seductive I'm Yours, $52, **guess.com**

BEAUTY BONUS
An erotic blend of musk and orchid will make his heart race.

SENSUAL

When you're craving a slow-burn night, stick to pastels and feminine patterns.

Calvin Klein, $44, **calvinklein.com**

Aéropostale, $4.25, **aéropostale .com**

Mimi Holliday, $88, **damaris .co.uk**

Mimi Holliday, $57, **damaris.co.uk**

Soma Intimates, $49, **soma.com**

Soma Intimates, $15, **soma.com**

Barely There, $33, **barelythere.com**

Ambrielle by JCPenney, $12, **jcp.com**

Prada Candy, $80, **neimanmarcus .com**

BEAUTY BONUS
This mouthwatering caramel scent is sweet and saucy.

KEVIN SWEENEY/STUDIO D. Fashion editor: Karen Larrain. Stylist: Miako Katoh. (Fragrances) **CHRIS ECKERT/STUDIO D.** See page 258 for shopping information.

Kemp is wearing New Great Lash Lots of Lashes™ Mascara in Blackest Black. ©2011 Maybelline LLC.
lots of lashes.
lots of impact.
not a lot of mess.
an innovation from
GREAT LASH®
new LOTS OF LASHES mascara
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our great little grabber brush reaches even the tiniest lashes so you can easily create masses of lashes, minus the mess. great!
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Get Palladium Pretty

As an accessories expert and personal shopper who's always on the go, Kimmie Smith of Kittenlounge.onsugar.com looks for pieces that not only fit her life, but her style. Enter palladium—the lightweight precious metal that's naturally white and durable like platinum, but significantly more affordable. Check out her go-to palladium looks and find the pieces that will help you get palladium pretty your way.

WORKING IT

A ruffled v-neck blouse, white pants and these palladium pieces that do not tarnish, let me be me, won't weigh me down, and are as ready to work it as I am. They'll take me from a day of work to a night out, no problem.

Todd Reed
Ring and Cuff

Photo by Philip Friedman/Studio D. Makeup By Joy Fennell for Dior Beauty.

HITTING THE TOWN

Dress up a white off-the-shoulder dress with these luxury palladium statement pieces. Unlike some metals, palladium is naturally white through and through (not coated with a surface that could wear off), so I'll feel stunning, stylish and sexy all night long.

Zeghani
Necklace

Alishan
Ring

HEADING OUT OF TOWN

Pair a chic sleeveless dress with these palladium picks. Palladium weighs less than other precious metals, so these accessories are easy to pack—and big earrings tug less on my earlobes.

Zeghani
Ring and Earrings

PALLADIUM

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INTERNATIONAL

LuxuryPalladium.com

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WATCH KIMMIE GET PALLADIUM PRETTY!

Watch and learn more about the metal and designers that will help you get palladium pretty.

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FOR THE CHANCE
TO WIN

What's your favorite palladium piece and how would you wear it?

Tell us at
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See more of Kimmie's top picks at
cosmopolitan.com/palladium

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. **Must be legal resident of the 50 united states (D.C.)** 18 years or older as of the start date. Sweepstakes ends 10/10/11. For entry and official rules visit www.facebook.com/LuxuryPalladium. Sponsored by Palladium Alliance International. **Void where prohibited.**

Some say I'm intimidating. Others think I'm charming. What I *am* is true to myself. That's why I prefer jewelry made in palladium. It's the light, naturally white, durable precious metal that doesn't weigh me down. So when I'm not playing an ex go-go dancing, zombie-killing heroine with a semi-automatic machine gun leg, I can just be me.

Rose McGowan

I'M SO OVER
HEAVY METAL

Palladium.
Tough. Sexy. **Sensitive.**

pd
PALLADIUM
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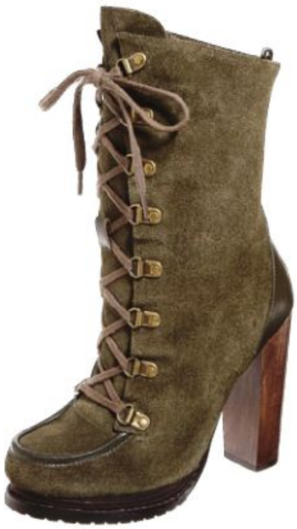
INTERNATIONAL

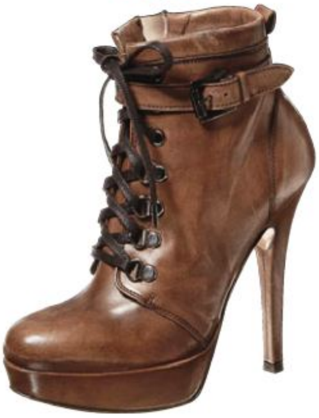
This elegant palladium ring by Todd Reed features organic rose cut diamonds accented with brilliant-cut white diamonds. Find this and more at:

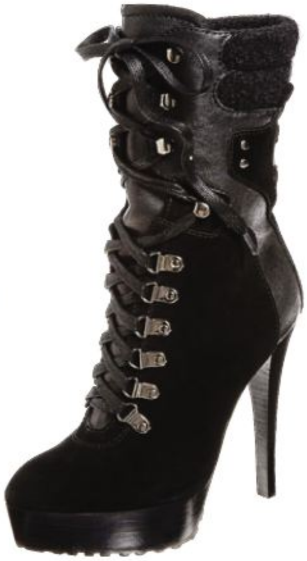
ImSoOverHeavyMetal.com

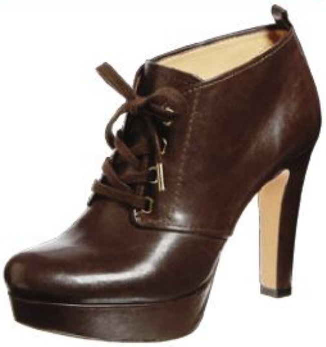
todd reed
since 1992

ARE YOU A SHOE ADDICT? Tell us which of these pairs you like best at cosmopolitan .com/shoe-addict.


Charles David, $250, **310-277-4448**

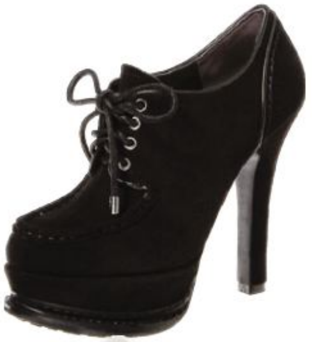

Boutique 9, $200, **800-999-1877**

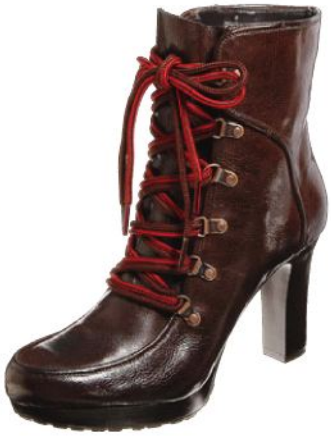

Bebe, $179, **bebe.com**

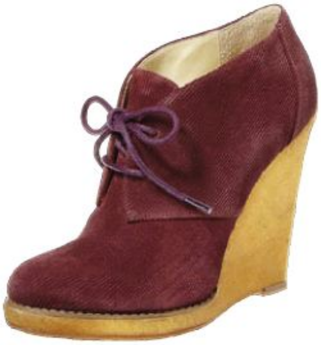

Circa Joan & David, $140, **800-999-1877**

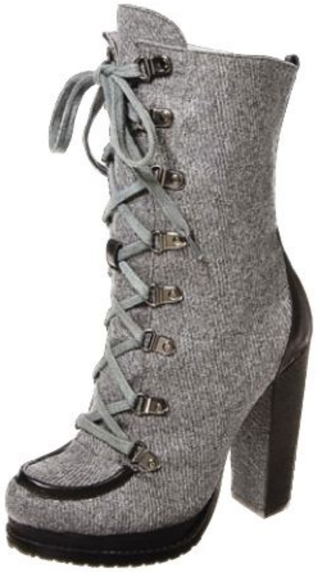
Bootie Call

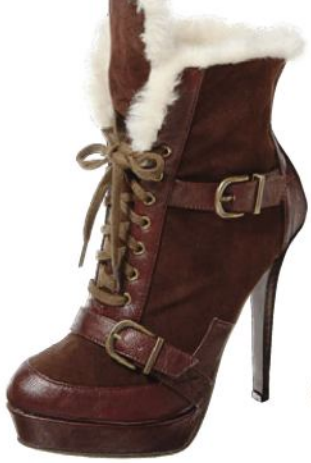
Fall's wilderness-inspired lace-ups have a split personality—one part rugged, one part chic—so you can hike the streets in style.

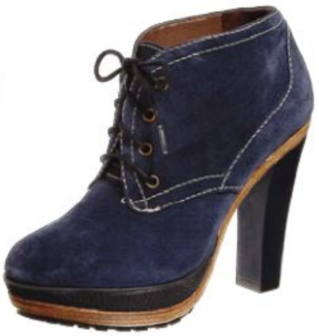

Guess by Marciano, $238, **Guess stores**

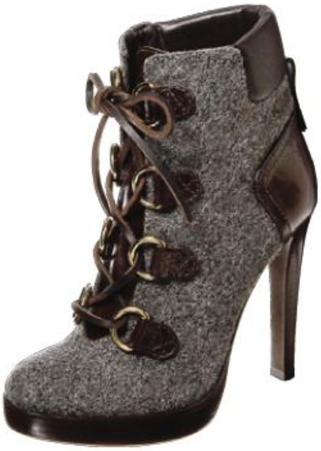

a.n.a by JCPenney, $70, **jcp.com**

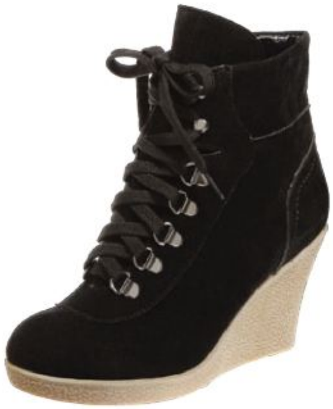

Enzo Angiolini, $139, **select Macy's**


Charles David, $250, **310-277-4448**


Colin Stuart for Victoria's Secret Catalogue, $118, **victoriassecret.com**


Madison Harding, $277, **bloomingdales.com**


Tory Burch, $425, **saksfifthavenue.com**


XOXO, $80, **macys.com**

SHOPPING TIP Look for sporty details, like buckles, rubbery soles, and thick laces.

KEVIN SWEENEY/STUDIO D. Fashion editor: Brooke Lucks. Stylist: Miako Katoh. See page 258 for shopping information.

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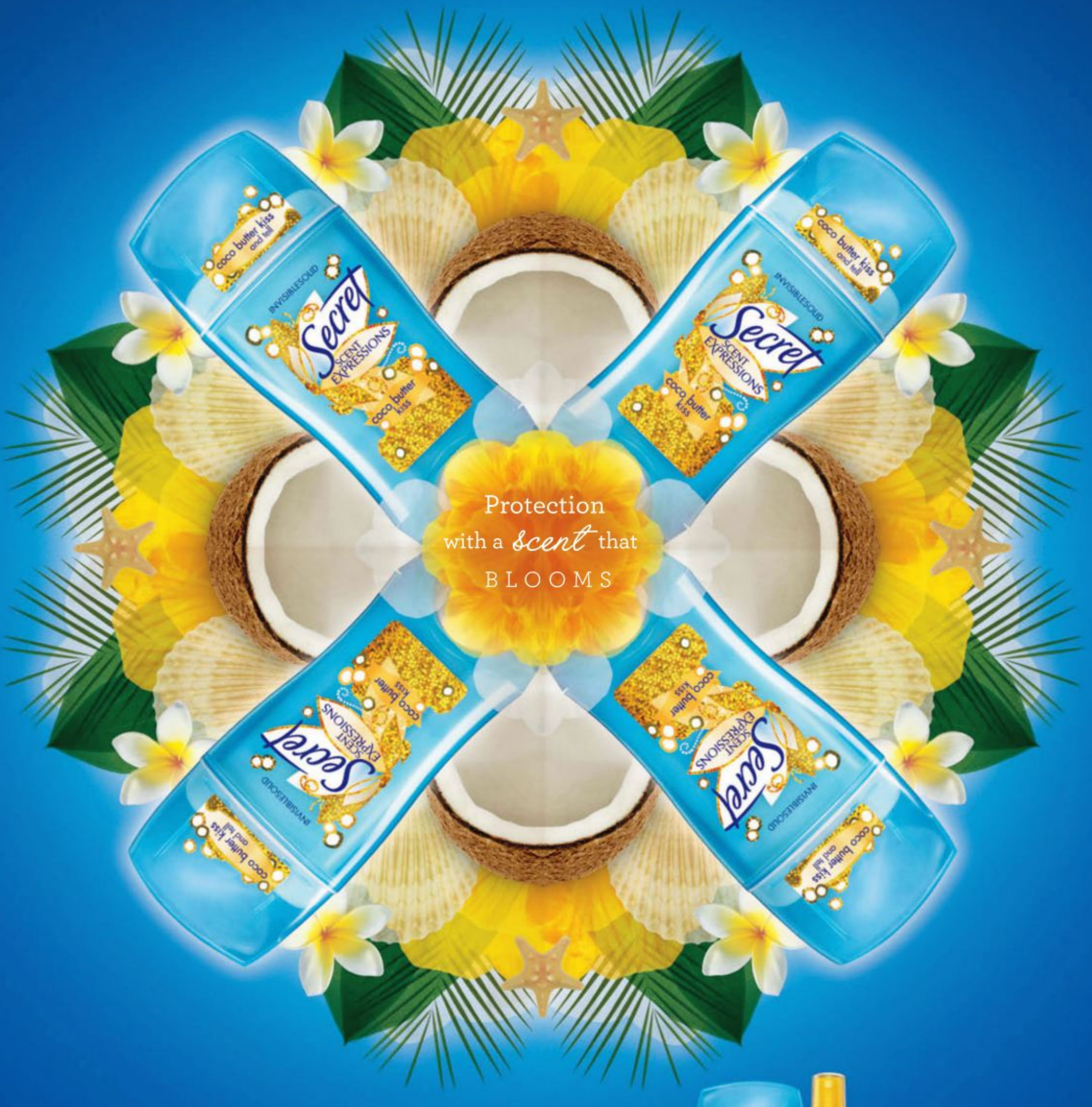
*Washing with TRESemmé Color Revitalize Shampoo and Conditioner vs. non-conditioning shampoo. ©2011 Unilever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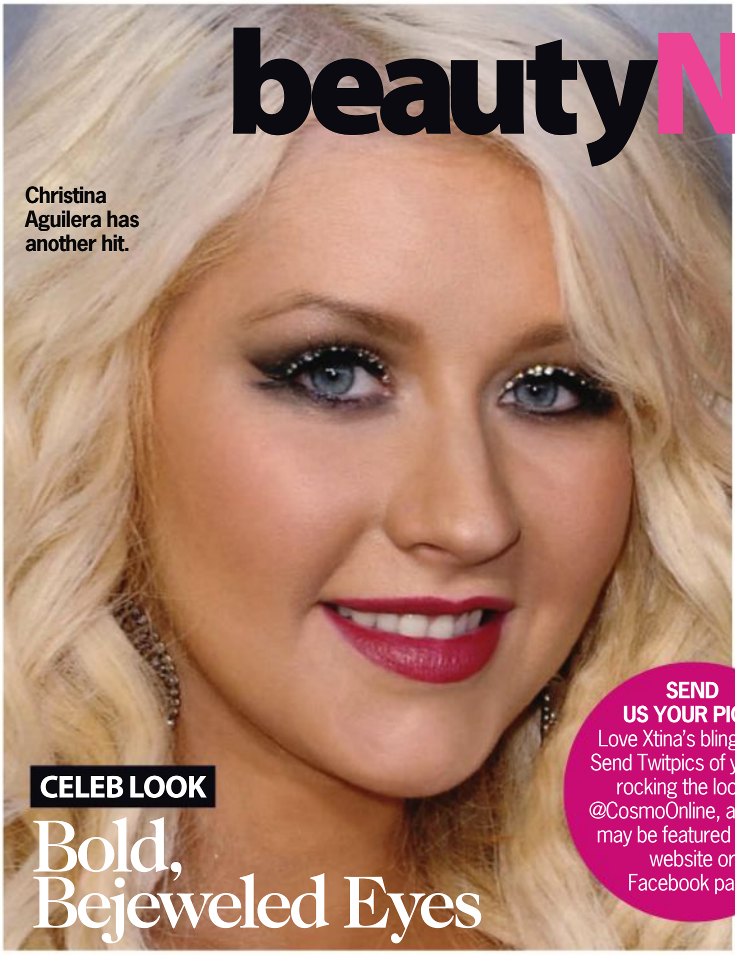
beautyNEWS

The hottest trends, tips, and stuff



Christina Aguilera has another hit.

CELEB LOOK

Bold, Bejeweled Eyes

Glitzy liner—an eye-catching fall staple—just became hotter, thanks to Christina's crystalized stare. To bling out your lids, use skin jewels (like Make Up For Ever Strass, $20). Pick one up with a tweezer, dot the bottom with lash glue, then press it onto the base of a false lash strip that's still in its holder, says makeup artist Melanie Inglessis, who did this look. Repeat until gems line both strips, then apply the falsies. Or try Dior Velvet Eye, $55 (crystal-lined stickers that you press onto lids).

SEND US YOUR PICS!
Love Xtina's blingy lids? Send Twitpics of yourself rocking the look to @CosmoOnline, and they may be featured on our website or Facebook page.

Rose Gold Rocks

Pink is pretty on its own, but mix in metallic shimmer and the shade takes on a sexy edge.

■ Besides looking totally edgy, Orly Nail Lacquer in Rage, $7.50, creates the same level of luster as a professional gel mani.

■ Swept across cheekbones, Estée Lauder Pure Color Illuminating Powder Gelée, $40, sexes up every complexion.

■ The reflectiveness of Clinique Lid Smoothie Antioxidant 8-Hour Eye Colour in Pinko Biloba, $19.50, gives you a sexy, supersize stare.

BRUSH ON THE BENEFITS

Infused with UV-blocking, shine-giving, static-nixing ingredients, these new hair tools are like detanglers and styling products in one, pros say.

If Your Hair Is Color Treated…

TRY: Ricky Care Sun Comb, $6. Sun-shielding molecules are baked into its plastic then pass onto strands as you comb, protecting your hue from the shade-fading sun.

If Your Hair Is Dull…

TRY: Macadamia Natural Oil Infused Brush, $29.50. The coated base deposits a light layer of macadamia oil, so hair looks shinier and feels extra silky.

If Your Hair Is Staticky…

TRY: Braun Satin Hair Brush, $75. This battery-powered brush releases ions from a vent. The ions, which have a negative charge, neutralize static's positive charge, instantly calming flyaways.

Is Your Cell Messing With Your Skin?

All that time spent sexting or Facebooking on the fly can cause fine lines to appear as early as your 20s. "Regularly squinting to read your phone's small text strains muscles between and around your eyes," says Carin Gribetz, a derm in NYC. Increase your font size to reduce strain, and use a line fighter, like L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm Eye, $20.

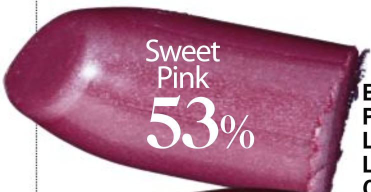
(Aguilera) Jason LaVeris/FilmMagic. (Stills) **CHRIS ECKERT/STUDIO D.** (Macadamia brush) **CHRIS COPPOLA/STUDIO D.**

See page 258 for shopping information.

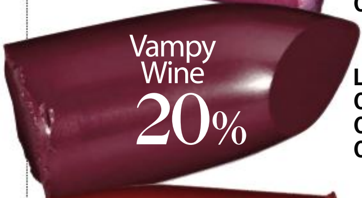
HIS PICKS

His Favorite Lip Looks

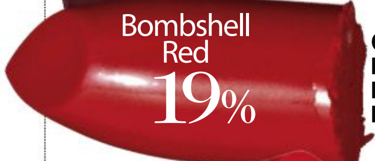
Four sultry shades ruled runways and are dominating store shelves right now. Our men-only web poll reveals the ones dudes find most mouthwatering.



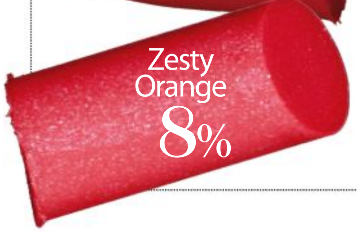
Estée Lauder Pure Color Long Lasting Lipstick in Candy, $24



Laura Mercier Crème Lip Colour in Bing Cherry, $22



CoverGirl LipPerfection Lipcolor in Hot, $6.50



Shiseido Shimmering Rouge Lipstick in Sizzle, $25

Hilary Duff's specs are a turn-on.

WE ASKED 100 GUYS ON THE STREET

Are geeky-chic glasses nerdy-hot or just nerdy?

59% NERDY-HOT

41% JUST NERDY

STOP SHARING EVERYTHING!

Power face cleansers (like Clarisonic Mia, $149, at right, as well as DDF Revolve 400X, $95, and Olay Pro-X Advanced Cleansing System, $30) are super popular… and docs say couples are sharing them. Bad move, notes Elizabeth Tanzi, a derm in Washington, D.C., since the heads collect bacteria and cause acne. Once a week, wash the bristles with antibacterial soap, or buy him his own brush head (it can be popped onto your base).

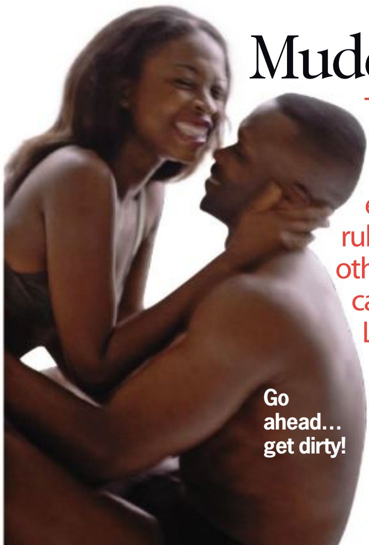
Two heads are better than one.

Look Sexy Naked

Help your guy look hotter! Tell him to subscribe to CFG (Cosmo for Guys), now in the App Store.

Muddy Up Your Man

The hottest couples spa treatment this season: mud baths, according to Debra Stell, training director at Red Door Spas, who says they're easy to do at home. Strip down, and take turns rubbing a packet of body mud all over each other. (Ahava Natural Dead Sea Body Mud, $15, can be nuked, so it goes onto your bods warm.) Let the mud sink in for about 20 minutes in the tub, then have fun cleaning each other up.



Go ahead… get dirty!

(Stills) CHRIS ECKERT/STUDIO D. (Duff) Mejia/Asadorian/splashnews.com. (Couple) © Steve Prezant/Corbis. See page 258 for shopping information.

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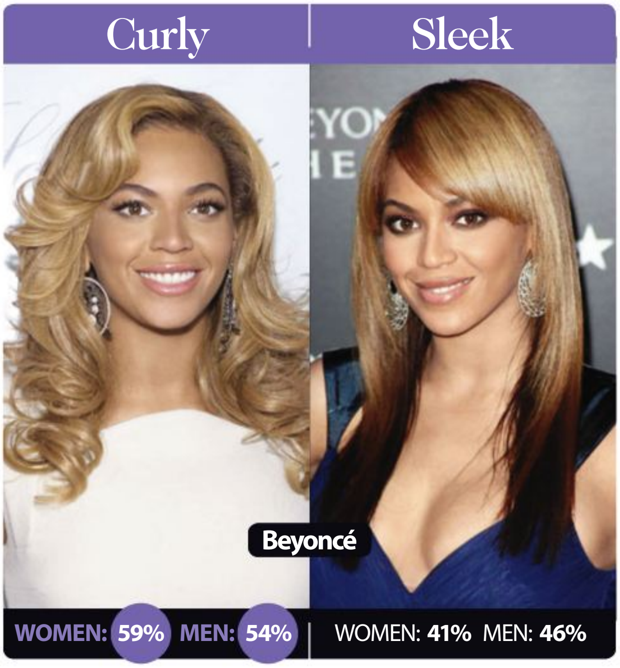
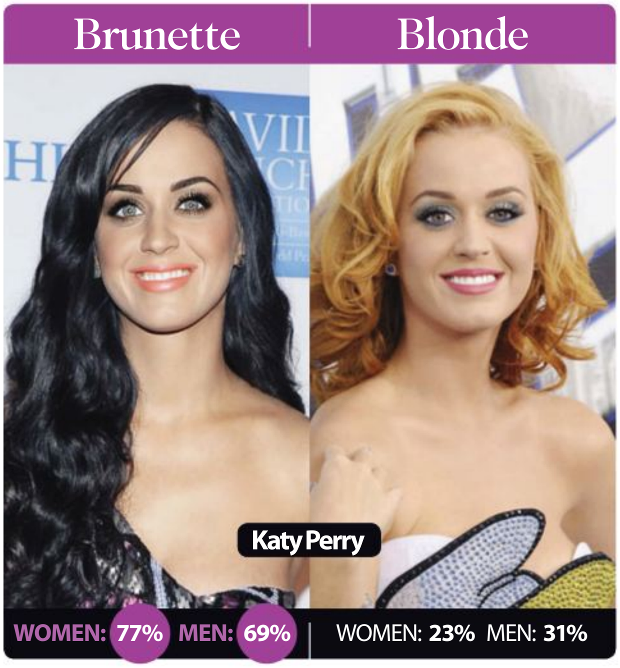
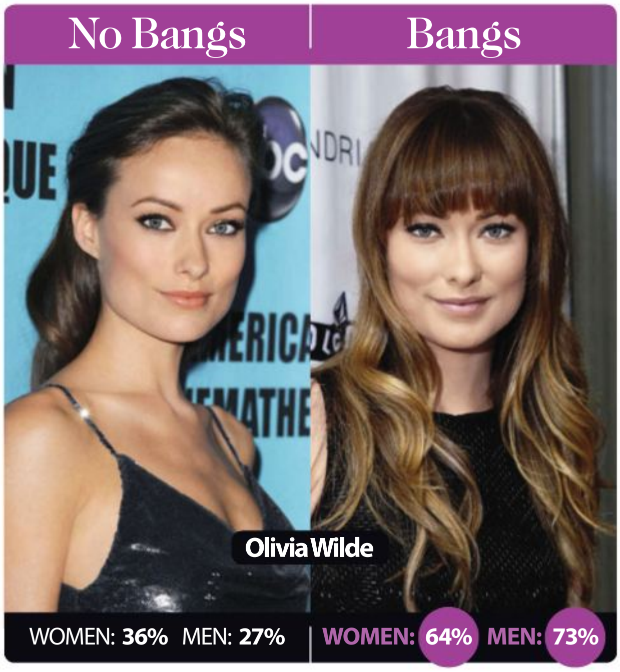
Sarah Jessica Parker is wearing **Light Natural Blonde #90.**

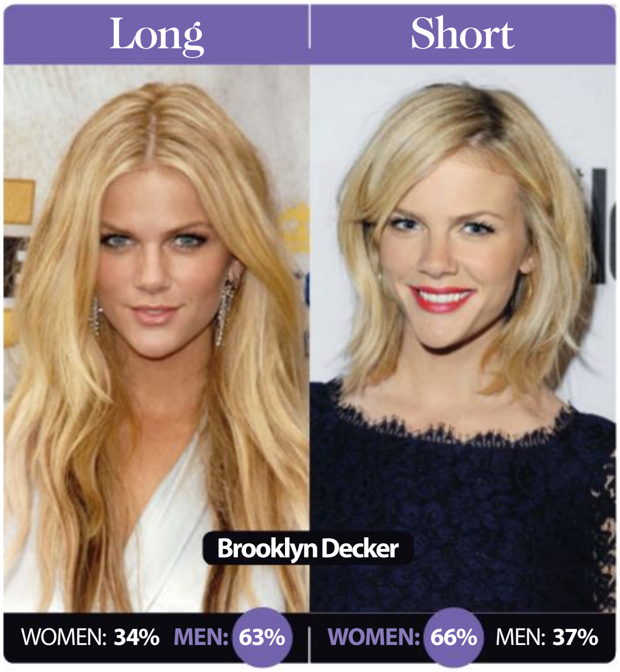
Daring New Dos

We showed these before-and-afters to 100 men and women on the street, asking which look they considered foxier. Shockingly, male and female tastes were mostly in sync—how the hell did that happen?


Curly
Sleek
Beyoncé
WOMEN: 59% MEN: 54%
WOMEN: 41% MEN: 46%


Brunette
Blonde
Katy Perry
WOMEN: 77% MEN: 69%
WOMEN: 23% MEN: 31%


No Bangs
Bangs
Olivia Wilde
WOMEN: 36% MEN: 27%
WOMEN: 64% MEN: 73%


Long
Short
Brooklyn Decker
WOMEN: 34% MEN: 63%
WOMEN: 66% MEN: 37%

(Left to right, from top) Michael Loccisano/Getty Images; Paul Zimmerman/Admedia/Sipa; Michael Loccisano/Getty Images; Jennifer Graylock/jpistudios.com; Steve Granitz/WireImage; Alexandra Wyman/WireImage; Jim Smeal/BEImages; Alberto E. Rodriguez/Getty Images.

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Before
After

"This has truly changed my hair and I love it."
-Bethany B., FL

"7 shampoos and still fabulous, non-frizzy hair."
- Nancy F., AZ

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Clean Your Face In...

Going to sleep with unwashed skin can cause pimples and make pores get bigger. We tell you how to degrime no matter how little time you have.

Naked skin better absorbs serum and night cream.

TIME	WASH THIS WAY	MUST-HAVE CLEANSERS	
...30 seconds	**While it's best to limit this habit to only once or twice a week, when you're short on time, just focus on removing your makeup with a cleansing towelette. "Pigment can build inside pores and stretch them," says NYC derm Dennis Gross. Use separate wipes on your eyes and face.**		Bioré Makeup Removing Towelettes, $8 (left); or Chanel Eau Douceur Cleansing Water, $45, a no-rinse wash that you pump onto a cotton pad
...2 minutes	**Before cleansing, take off your makeup with a wipe (makeup prevents cleanser from dissolving dirt and oil), then apply a dime-size dot of face wash with a battery-powered cleanser for 60 seconds. "The vibrations better dislodge debris than hands alone," says Michael Gold, a derm in Nashville.**		Neutrogena Wave Sonic Power Cleanser, $16 (here), comes with cleansing pads; or apply Aveeno Pore Purifying Wash, $6.49, with Clarisonic Mia, $149.
...5 minutes	**Carving out a few extra minutes each night is ideal for your face. Use the previous steps to remove makeup and dirt, then two or three times a week, exfoliate to deep-clean pores, says Joely Kaufman, a Miami derm. And every day, finish by applying toner to your hairline and T zone.**		H_2O+ Sea Mineral Scrub, $18 (far left); for toner, Clinique Clarifying Lotion 2, $21 (left)
...15 minutes	**Once a week (after you remove your makeup, cleanse, scrub, and tone), add a detoxifying mask to your routine to mimic the skin-glowing results of a facial. Try one made of clay and fruit enzymes; the combo pulls sebum from your pores plus dissolves dead, dull-looking skin cells, says Dr. Gross.**		Tata Harper Resurfacing Mask, $55 (here), is made of pink clay and pomegranate enzymes.

(Stills) CHRIS ECKERT/STUDIO D. (Model) urbanlip.com. See page 258 for shopping information.

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Mila Kunis proves big brows are way sexy.

Fall's Full, Fierce Brows

Not everyone is blessed with dramatic brows. But with our pencil-plus-powder trick, you can look like you were born that way.

YOUR TOOL KIT

Meet Your Eyebrows' New BFFs

Angled pencils, like Tom Ford Brow Sculptor, $42, create a natural look.

A spoolie, like Dior Eyebrow Brush, $19, is essential for shaping.

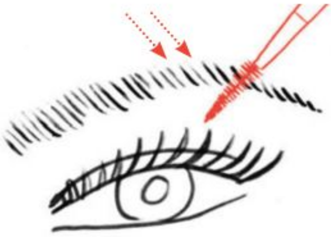
Clinique Brow Shaper, $15, comes with a great brush.

THE PRO
Sania Vucetaj, owner of Sania's Brow Bar in NYC

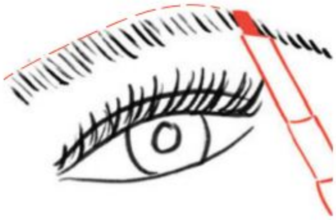
THE PREP
Dust translucent powder over your arches to soak up any oil. Brow makeup won't stick to a slick surface.

THE TECHNIQUE

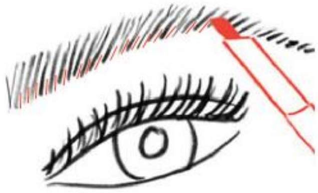
1 Comb down brow hairs with a spoolie (aka a clean mascara brush) to reveal the top edge of your brow.



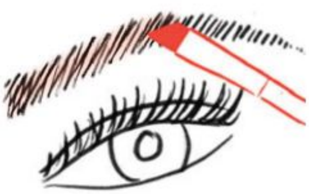
2 Use a brow pencil that's a shade or two lighter than your natural hue to enhance the top edge, making short, horizontal strokes. Then comb hairs back up to cover the line you just made.



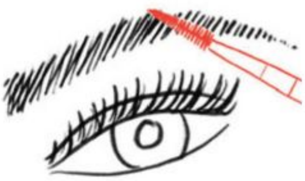
3 Do the same across your lower brow line, but use small, upward diagonal strokes instead, so the line blends in with your hairs.



4 With an angled brush, fill brows with powder (it should match the pencil from step two) to max out their fullness. Brow powder looks softer and more natural than pencil, so it's better for filling large areas.



5 To lock in color, mist the spoolie with hair spray (or use clear brow gel, like Revlon Brow Styling Gel, $6), and run it through arches in an up-and-out motion.



See page 258 for shopping information.

(Kunis) Michael Loccisano/Getty Images for *TIME*. (Stills) **CHRISTOPHER COPPOLA/STUDIO D.** Stylist: Julie Flynn for Faucher Artists. (Illustrations) **STUART MCKENZIE/EYECANDY.CO.UK.**

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Taylor is wearing COVERGIRL LipPerfection lipcolor in Burn and lipliner in Radiant.

*vs. bare lips

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beauty SHOWDOWN

We draw the line between what's spot-on and what's so wrong.

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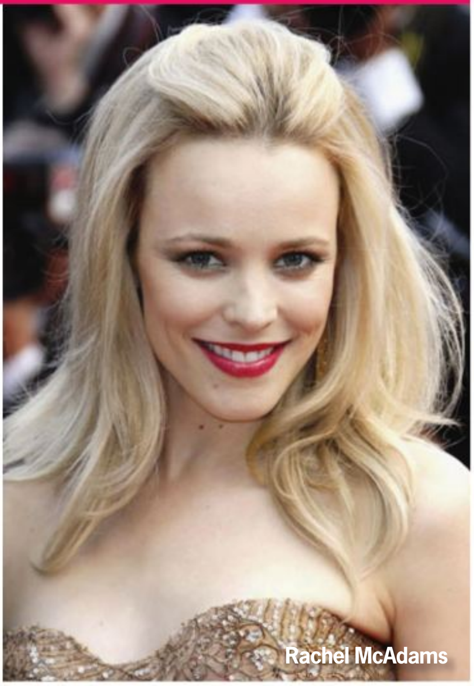
NOT THAT

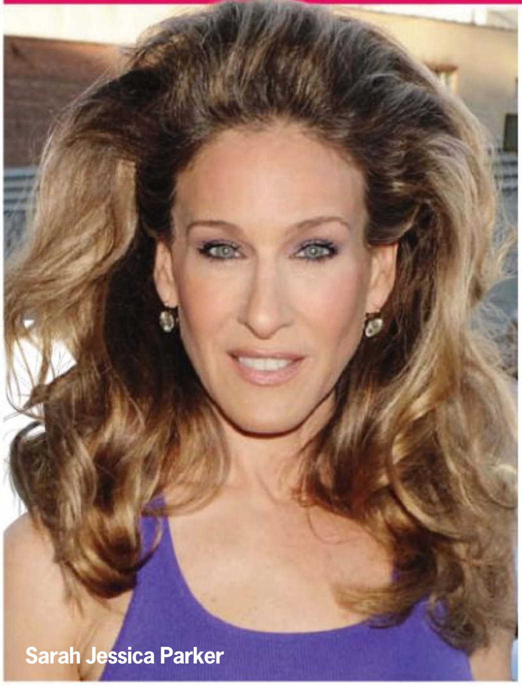
Give Hair Some Height

Prep roots with mousse, blow-dry, then pin back the top for an extra boost.

Aussie Aussome Volume Mousse, $4.50



Rachel McAdams



Sarah Jessica Parker

Fake Height With Hair

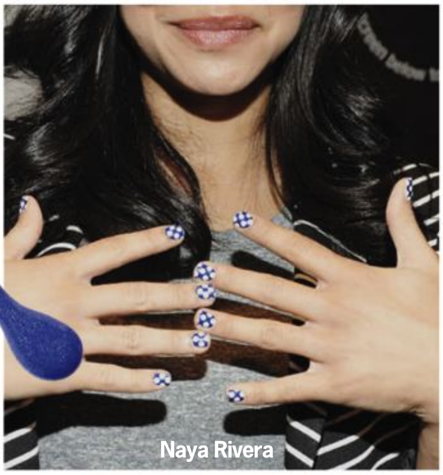
Looks like someone got a little *Carrie*-d away with the teasing (and hair spray!).

Dotted Nails

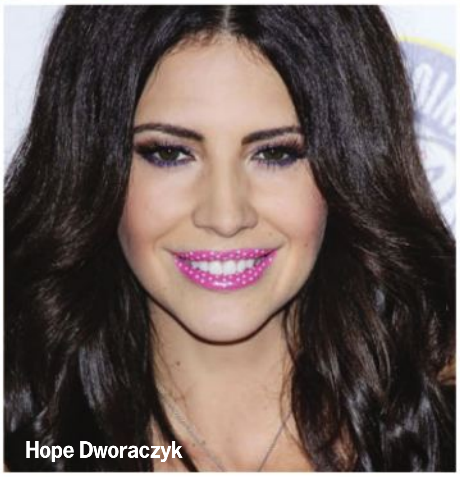
This cute design is easy: Paint nails with a vivid hue, then make dots with a white polish pen.

Essie Nail Polish in Smooth Sailing, $8

Sally Hansen Nail Art Pen, $8



Naya Rivera



Hope Dworaczyk

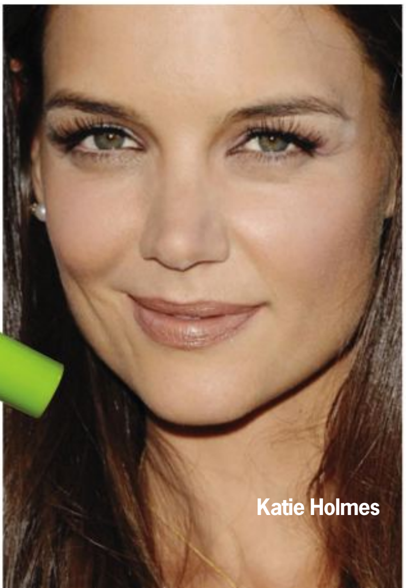
Dotted Lips

Eek! Is that a new strain of Rocky Mountain spotted fever?

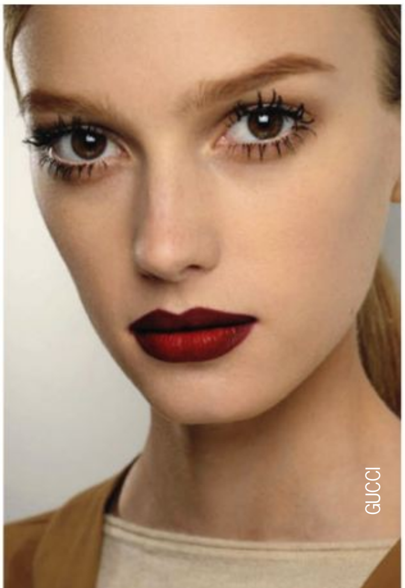
Butterfly Lashes

For a flirty, fluttery fringe, swipe on a lengthening mascara, which separates best.

Maybelline 40th Anniversary Great Lash Mascara by BCBG Max Azria, $7



Katie Holmes



GUCCI

Spider Lashes

Clumps like these will definitely bug him out.

(Stills) CHRIS ECKERT/STUDIO D. (Top to bottom, from left) Tony Barson/WireImage; John M. Heller/Getty Images; John Kopaloff/FilmMagic; Dennis Maryannakis/pacificcoastnews.com; Michael Tran/FilmMagic; gorunway.com. See page 258 for shopping information.

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beautyQ+A

Every month, we answer a bunch of your burning beauty questions.

No need to sear your skin to get hair this hot.

Q. What's the best way to curl short lashes?

A. Clamp the roots only, and hold for three seconds to create a 90-degree angle. "Curling the midpoints or tips bends stubby lashes backward, making them look shorter," says Courtney Akai, of her namesake lash boutique in NYC. CoverGirl Lash Curler, $4.77, won't pinch sensitive skin at the root line.

Q. Should I switch my face lotion for fall?

A. Yes. The usual advice—switch to an oil-based cream, which locks in moisture—is great for normal to dry skin but can clog acne-prone skin, says NYC derm Howard Sobel. The universal fix: Use a lotion made with hyaluronic acid (like DDF Ultra-Lite Oil-Free Moisturizing Dew, $38, or Kiehl's, at left). It keeps all types flake-free but is pore-friendly.

KIEHL'S
ULTRA FACIAL
L-FREE GEL CREAM

Kiehl's Ultra Facial Oil-Free Gel Cream, $24.50

Q. A stylist said I'd get better waves if I didn't use the clamp on my iron, but I burn my fingers. Help!

Wrapping hair around the barrel is the best way to score beachy waves, but maneuvering fingers around a hot clamp is hard. Instead, try a clamp-free curling wand. (Many, like T3 SinglePass Whirl, $130, come with heat-protective gloves.) Or turn a regular iron into a wand by unscrewing the clamp (unplug it first) so it won't get in the way, says Mike Viggue, an NYC stylist.

Q. I paint my nails all the time. Do I need to take a break?

A. Polish actually protects nails from harsh ingredients, like those in cleaning products. It's the remover that can cause problems, says Robin Schaffran, a derm in Beverly Hills, California. Packed with drying acetone or alcohol, it causes flaking and splitting. After depolishing, lightly buff the tops of nails, then massage in oil (try Essie Apricot Cuticle Oil, $8). The buffing helps it penetrate into the deep layers. Let it soak in for five minutes, then wash with soap and water, and repaint.

Q. My bikini waxer says not to shave between visits, but can I trim?

A. Yes, but only up to two weeks before your next wax. Hair has to be a quarter-inch long for wax to stick to it. And trimming, which doesn't cut as deeply as a razor, lets hair grow to a waxable length in this time, says Wendy Allred, director of spa development at Bliss. Stay groomed with Schick Quattro for Women Trim-Style, $11, or Philips, below.

Philips Bikini Perfect Deluxe, $60

Have a question for Cosmo's primping pros? E-mail it here! BEAUTYQANDA@HEARST.COM

(Model) Indira Cesarine. (Stills) CHRIS ECKERT/STUDIO D. See page 258 for shopping information.

NEW

SEE SPOTS?
SEE SPOTS
FADE

PURE
POTENT
VITAMIN C

breaks up spots
lifts them away

VISIBLE
PROOF

82%
of women saw
a reduction in
dark spots and
age spots*

GARNIER
Skin Renew
Dark Spot Corrector
Clinical
Daily
Moisturizer

YOUR VIRTUAL
SPOT CORRECTOR
for personalized results, upload a
photo at garnierUSA.com/darkspot

*In a consumer study after 12 weeks.

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NEW Colour Riche® leGloss

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Colour Riche®
leGloss

OUR RICHEST
SHINE INDULGENCE.

Supreme creaminess.
Extreme shine.
Rich with vitamin E,
argan oil + omega 3.

In 16 sensual shades.

"I JUST WANT TO SHINE."
Laetitia Casta

Laetitia is wearing Colour Riche Le Gloss in Watermelon Crush (154).
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THE
COSMO **BEAUTY**
AWARDS

Makeup

Each fall, we pick the best new primpers—stuff that makes it easy to look drop-dead sexy. This year, we wanted that list to be tailored to your needs, so we asked you (on Twitter and Facebook and in our online survey) to tell us the types of beautifiers you generally have trouble choosing. Here are the top 21, paired with the most awesome products.

BY MARTA TOPRAN

◀ SEXY LIP SHADES THAT MAKE YOU MORE KISSABLE

Not only does CoverGirl LipPerfection Lipcolor, $6.50, come in more than 40 trendy colors, it's also packed with lip-softening shea butter and avocado oil that keep your pout pillowy and plush.

TIP For smooth, flake-free lips, scrub your kisser with an old toothbrush before swiping on a hue.

STAY GLOSSY

▲ GLOSS THAT STAYS PUT ALL. NIGHT. LONG.

Guys can be haters when it comes to sticky, supershiny lacquers. But Rimmel London Stay Glossy 6-Hour Lip Gloss, $5, is made to last all night (a claim backed up in our extensive make-out testing).

TIP Skip a pregloss balm. This formula sticks better to naked lips, stretching out the time between applications even more.

▼ FALSIES IN A TUBE

L'Oréal Paris Voluminous False Fiber Lashes Mascara, $10, is infused with tiny fibers that instantly stick to lashes, making them longer and thicker with every stroke.

TIP For maximum impact, apply three coats of this formula. Wait 30 seconds between swipes to let lashes dry—if you don't, you actually wipe off mascara instead of building it.

VOLUMINOUS®
FALSE LASHES • FAUX CILS

DIORSHOW
DIORSHOW LINER
WATERPROOF

▲ THE MOST BUDGE-PROOF LINER EVER

We applied Diorshow Waterproof Liner, $29, before a chick flick, 90-degree day of outlet shopping, and very sexy sleepover…and it never left us looking like a hot mess.

TIP Since these liners are H_2O-proof, you can line the inner rims of your upper and lower lash lines for an insanely supersize stare.

A MANI THAT LASTS A WEEK (FOR REAL!) ▶

Made of actual lacquer and top coat, Sally Hansen Nail Polish Strips, $10, can be pressed on in a pinch sans smudging (decals mean no dry time) and last 10 days. Plus, they come in 24 trendy styles.

TIP As with polish, a swipe of nail-polish remover pre-mani makes these last longer.

▼ A FOUNDATION HE'LL NEVER NOTICE

Virtually undetectable, Chanel Perfection Lumière, $55, sets off a lit-from-within glow, thanks to hemisphere-shaped pigments that reflect light while providing second skin–like coverage. SPF 10 makes it more of a no-brainer.

TIP Apply foundation with fingers for a light finish or use a brush for more coverage.

PERFECTION
LUMIÈRE
CHANEL

Instant Age Rewind
Eraser
Dark Circles

▲ MAGIC UNDER-EYE ERASER

Why just hide dark circles when you can erase them? Maybelline New York Instant Age Rewind Eraser Dark Circles Treatment Concealer, $10, has a sponge tip that deposits the perfect amount of this concealer, made with circle-fading haloxyl.

TIP Pick a shade lighter than your foundation to brighten dark under-eyes.

CHRISTOPHER COPPOLA/STUDIO D. Stylist: Julie Flynn for Faucher Artists.

See page 258 for shopping information.

Skin

FASTEST WAY TO FAKE EIGHT HOURS OF SLEEP

The cool massaging tip on Estée Lauder Idealist Cooling Eye Illuminator, $58, helps deflate lower-eye bloat plus pushes potent circle fighters like vitamin C into the skin.

TIP For the ultimate fix after a late night out, stash this baby in the fridge. The ceramic tip will feel even cooler, helping you say adios to tequila-induced bags—fast!

OVERNIGHT SKIN TRANSFORMER

Hit the sheets and wake up hotter with Clinique Turnaround Overnight Radiance Moisturizer, $44.50. Dead-cell sloughing salicylic acid and skin-quenching trehalose (a sugar that locks moisture into skin) guarantee a glowier complexion by morning.

TIP Work this cream onto your neck and chest, too, for allover radiance.

THE ONLY ANTIAGING SERUM YOU NEED

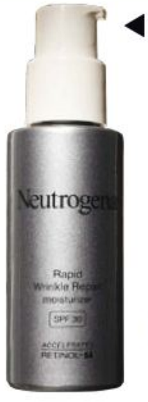
Thanks to a molecule scientists spent 12 years perfecting, Lancôme Visionnaire (LR 2412 4%) Advanced Skin Corrector, $84, prevents and reverses three of the most common skin concerns: fine lines, large pores, and uneven texture.

TIP Serums, the lightest type of skin-care formula, should be applied to clean skin—before heavier lotions and creams.

A FACE WASH FOR EVERYONE

You, your roomie, your man…you'll all love lathering up with Benefit Foamingly Clean Facial Wash, $21, no matter what your skin type. Lightweight plant extracts whisk away grime without stripping moisture. And the cucumber scent gives off a Zenlike spa vibe.

TIP Take the time to lather up for a full minute to better loosen oil and dirt.



DO-IT-ALL DAILY MOISTURIZER

Neutrogena Rapid Wrinkle Repair Day SPF 30, $20, gets our vote for its trifecta of skin-perfecting ingredients: line-fighting retinol, über-hydrating hyaluronic acid, and a high sunscreen to prevent unsexy skin damage.

TIP To get the max amount of SPF protection, use a quarter-size dot over your face.

SECRET TO A LICKABLE BOD

Finally, a body butter that isn't sticky. Laura Mercier Body Butter, $35, absorbs in seconds, creating totally touchable skin that smells good enough to eat (it's scented with almond and coconut milk).

TIP Smooth this over damp skin postshower. The shea butter and grapeseed oil help lock water molecules into your bod for even softer, sexier skin.

BEST ZIT-ZAPPING SYSTEM

It took 11 derms to create Olay Professional Pro-X Clear Acne Protocol, $42, an easy-to-use kit (cleanser, treatment, and lotion) that sucks excess oil from pores without leaving you dry and flaky.

TIP The key to clear skin: using the same regimen every day

CHRISTOPHER COPPOLA/STUDIO D. Stylist: Julie Flynn for Faucher Artists. (Product blobs and swipe) CHRIS ECKERT/STUDIO D.

revolution

Rethink everything you've ever
imagined haircolor could be.

Evangeline is wearing Shade 41, Iced Dark Brown,
one of 12 sublime shades.

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NEW
sublime
MOUSSE
BY HEALTHY LOOK.

Haircolor so sublime
Lively, shiny color.
Always natural-looking, never fake.

Coverage so perfect
Permanent conditioning haircolor
with perfect gray coverage.

Application so simple
A luscious mousse
as easy to apply as shampoo.

L'ORÉAL
PARIS
41
ICED
DARK
BROWN
NEW
sublime
MOUSSE
PERMANENT CONDITIONING HAIRCOLOR
NATURAL, LIVELY, SHINY
Perfect gray coverage
As easy to apply as shampoo
L'ORÉAL
PARIS
sublime
MOUSSE
BY HEALTHY LOOK
SUPERIOR
MOUSSE
PUMP

Because you're worth it.™
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PARIS

THE COSMO BEAUTY AWARDS

Hair

▶ ULTIMATE HAIR-COLOR PROTECTOR

Buy time between dye jobs by applying Fekkai Advanced Salon Technician Highlight Care Illuminating Cream, $24, before you blow-dry. UV-shielding sunflower-oil extracts prevent the sun from fading your locks.

TIP Even though it's the fall and UV rays are less intense, you still need to protect your color from the sun. Plus, indoor fluorescent lighting can actually fade your hue too.

Fekkai
ADVANCED
SALON TECHNICIAN
HIGHLIGHT
CARE

Herbal essences
HELLO HYDRATION

▲ SEXY-SMELLING SHAMPOO

Herbal Essences Hello Hydration Moisturizing Shampoo, $3, has silkifying ingredients that gently soften hair plus leave you smelling like a hot beach goddess, thanks to its orchid and coconut scent.

TIP To keep your strands soft all over, spend more time lathering at the scalp and hairline, where the most oil accumulates and less time on the ends, which tend to be drier.

A CONDITIONER MADE FOR BOMBSHELLS ▶

Most mane tamers are packed with silicones—great for defrizzing, but they can also cause heavy buildup. Garnier Fructis Pure Clean Fortifying Conditioner, $4, is silicone-free, keeping strands smooth yet full of body.

TIP We love this lightweight formula, but all conditioners contain emollients that can potentially clog acne-prone skin. Wash your back and chest after the rinse cycle so no residue can build and cause breakouts.

NEW
GARNIER
FRUCTIS
FORTIFYING CONDITIONER
Pure Clean

BAD-GIRL HAIR...IN A CAN ▶

Let's just call Sally Hershberger Salon Body Fix, $24, what it really is: the secret to scoring a seriously seductive style without much effort. Simply spray it on to infuse your mane with tons of sexy volume and texture, instantly.

TIP For super va-va-voom waves, spritz this from your midlengths to ends, and scrunch.

SALON
BODY FIX
SALLY HERSHBERGER

Bumble and bumble
Bb.
Straight
BLOW DRY

◀ A SAFE HAIR SMOOTHER

A great alternative to dangerous Brazilian blowout straightening treatments, Bumble and Bumble Bb. Straight Blow Dry, $28, uses a combination of glycerin and silicones to smooth out coarse, curly hair until your next shampoo.

TIP Want smooth strands but still crave body? Blow-dry using a round brush. If you prefer a super-sleek look, opt for a paddle brush.

SPLIT END REPAIR
PANTENE

▲ LONG HAIR LIFESAVER

Pantene Pro-V Normal-Thick Split End Repair Crème, $6, uses cool gluelike polymers that bind frayed ends back together (temporarily, natch!), making hair look like it's just freshly trimmed.

TIP Apply this to your hair section by section in a downward motion. Doing so better seals the cuticle, ensuring your strands look fuzz-free and healthy.

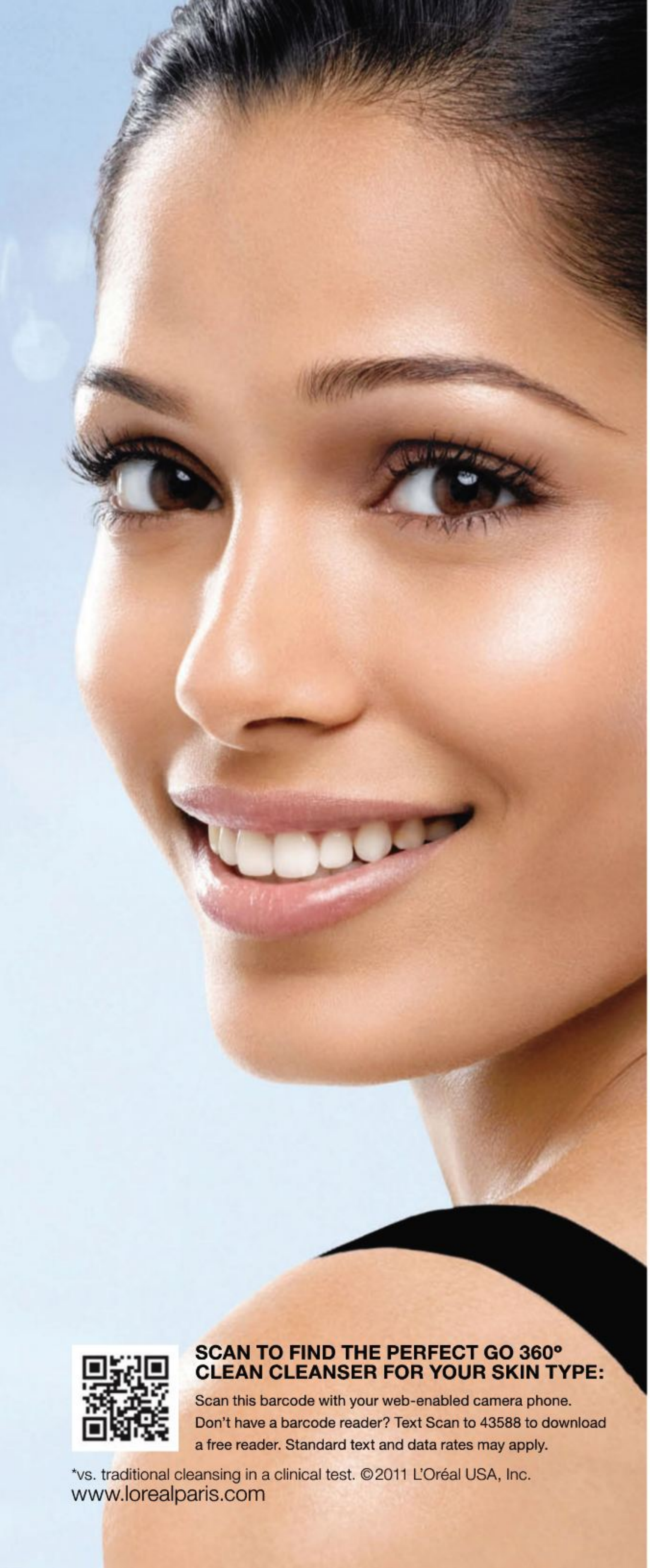
JOHN FRIEDA

▼ THE ONLY STYLING TOOL YOU NEED

The multitasking John Frieda Sleek Finish 1-Inch Straightener, $50, smooths strands, and—with a flick of your wrist—even creates curls, thanks to its beveled edge. Genius!

TIP This iron can crank all the way up to 455 degrees, the perfect temp for unruly, coarse hair. Fine or color-treated types should resist the urge to dial it up and instead stay between 200 and 300 degrees, which is enough to reshape strands without damaging fragile hair.

CHRISTOPHER COPPOLA/STUDIO D. Stylist: Julie Flynn for Faucher Artists. (Product blob) CHRIS ECKERT/STUDIO D.



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*vs. traditional cleansing in a clinical test. ©2011 L'Oréal USA, Inc.
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NAUGHTY SEX TIPS

We know daring babes like you are always up for a lusty challenge: Achieve Cosmo Sex Ninja status with our boundary-pushing, masterful moves.

By Bethany Heitman

You're a Cosmo reader, so we know you're interested in making sex as exciting as possible. And according to top experts, the key to both you and your guy being satisfied is to keep raising the bar. How do you do that? By becoming what we call a sex ninja—a person who can turn everyday items into sex props, knows how to be creative and get it on in unusual places, and can even transform into someone different in the bedroom. In other words, a master of all things naughty.

"Trying new, wild techniques not only keeps things fresh—being adventurous is a serious turn-on for you both," says Ian Kerner, PhD, author of *Passionista*. Here, seven advanced moves that will bring him to his knees plus erotic variations for each to switch up the action and make sure it stays surprising and hot.

Do It in a Teeny, Tiny Space

"Tackling him somewhere small, like in a closet, adds a must-have-you-now vibe that's hot," says sex therapist Ava Cadell, PhD. "And since you won't have room to undress fully, it'll feel even more all-consuming, spontaneous, and animalistic."

Have him lean his back against a wall, with his legs together and knees bent so his hips are slightly below yours. He can press his hands against the wall for balance or, if it can take his weight, hold on to the rod above his head. You should then be able to straddle him by planting your feet on either side of his. Once you're in position, either you or he can move up and down. Because your bodies are pressed tightly together and he's slightly slouched down, you don't take up much room.

SEXY VARIATIONS...

- Let him take control. Have your guy hold you by the hips and move you any which way.
- Another great confined space: the bathroom. Prop yourself up on the sink, pull up your skirt, and have him enter you as you control the thrusting by guiding his butt with your heels.

Sneak a Silent Quickie in a Crowded House

Maybe you are at your parents' house for the weekend or have a roommate who sleeps in the very next room. Whatever the situation, there's something totally badass about getting down with your guy when someone is close enough to discover you—while making sure you don't actually get walked in on, causing the mood to sputter out.

"The key to being stealthy is to use a position where the bed won't creak loudly and alert the world that you're doing it," says Sonia Borg, PhD, author of *Spectacular Sex Moves He'll Never Forget*. "Get into a spooning position with him behind you. It's almost impossible to move up and down—which is what causes creaking—when you lie like this." Have him enter you, and tell him to move his hips in a wide circle instead of thrusting in and out.

ERIC RAY DAVIDSON. Fashion editor: Charles Manning. Hair: Jennifer Brent for Tresemmé at Beautyartwing. Makeup: Samantha Trinh using Dior Beauty at Atelier Management. Manicure: Yuko Wada at Mark Edward Inc. Prop stylist: Adam de Croix. Dress: Catherine Malandrino.

FYI, this is not either of their closets.

Tweet Us!

What's your favorite ninja move? Tweet us @cosmoonline with the hash tag #ImACosmoSexNinja.

SEXY VARIATIONS…

- Turn around so you're facing him, and swing your top leg over his to let him get extra deep. Not only will you be chest-to-chest, creating feel-good friction, but he can kiss you to stifle any moans you let loose.
- Stay on your side, and have him kneel so he's straddling your lower leg. It gives him a great view of your booty, and he can still move in wide circles to prevent any bed noise.

Defy Gravity in the Wildest Way Possible

The regular version of 69 is killer enough—both of you getting oral pleasure at the exact same time? Come on. But you can make it even more hardcore by going extreme: him standing… with you upside-down. Here's how: Have him stand behind you at the end of the bed, and you bend over, placing your hands and head on the bed. Then he should help lift your legs straight into the air so you're in a headstand position, with him holding you around the waist. Your mouth will be right near his penis, and if you open your legs a little, he'll have easy access to your clitoris. "Plus, because you're upside-down, blood will rush to your head, making your orgasm more intense," says Borg.

SEXY VARIATIONS…

- Spread your legs wide, then bring them together (so your thighs hug his face). Repeating this move will work the muscles in your vagina, giving you more feel-good sensations.
- If your guy is strong enough, have him hold you around the waist and actually lift you up and off the bed. It'll make him feel super masculine, but you'll still have the soft bed underneath you…just in case.

Whip Out the Sex Toy Hiding in His Closet

A dude's set of wheels is always a hot place to do it. Of course, we're talking about his *other* mode of transportation…from when he was a teen: his skateboard. It's totally unexpected, and a lot of guys still have them lying around (if not, you can get a cheap one for less than $15). And seeing the potential in such an ordinary object will definitely wow him with your sex skills. "It shows that you look at everything with an erotic eye," says Borg.

To put it to use, lay a towel over it for a little cushioning, then lie down on it so you're facing the floor. He should get into push-up position on top of you, entering you from behind; he can rest his knees on the floor between your legs. Then, instead of thrusting, use your hands to roll yourself back and forth.

SEXY VARIATIONS…

- Lie with your back on the skateboard and him on top of you. He'll have control of the rolling, but it feels just as good.
- Tell him to sit on the board. Then face him and sit on top of him, but rather than moving up and down, like you normally do in girl-on-top, use your feet to roll your bodies back and forth. It's slower-paced sex, which will give it a sensual and leisurely feel.

Be a Wicked "Other Woman"

Transforming your sexual personality amplifies the excitement for both of you. "You feel more free to try new things and be vocal than you might usually," says Gloria Brame, PhD, a sex therapist in Georgia. But look, you have to get into the fun of playing a role to pull this off.

Start by thinking up a name for your alter ego. Pick something flirty or seductive—like Vixen or Dominique. Even do your makeup and put on some sexy lingerie that's not normally your style. Then decide on one bedroom trait you're going to focus on—maybe it's giving him orders or pretending to be super innocent. Whatever it is, choose something that's new for you. "Walk into the bedroom and tell your guy that he's sleeping with someone different tonight," says Brame. "He'll be so

Sex-Ninja Props

Consider these your weapons of pleasure—knowing how to wield them will grant you bedroom superpowers.

Massage Bar

These solid bars are one-hand-friendly, so you can slick him up at the same time you rub him down, delivering seamless body bliss. They are very easy to find (check out Amazon or lush.com) and cost less than $10—sweet.

Sparkling Water

Taking something that's totally random and using it in a dirty way speaks volumes about your skill level. Sip a little seltzer, then go down on him so the bubbles fizz against his penis, creating a new and erotic sensation. But don't stop there. Have him pour a little over your nipples before licking and sucking and you'll get to experience the same out-of-this-world pleasure.

Finger Vibe

This sly little silicone toy slips onto your finger and vibrates as powerfully as the full-size thing. You can use it during a hand job to make your touch more intense or to work your clitoris while he's on top. We like the Nanovibe Finger Vibe ($9, babeland.com).

Hair Band

Impress him with your sexual creativity by using one of your hair bands as a penis ring. Once he's hard, wrap it around the base of his package twice (it should be snug but not painful). It will help him last longer by keeping the blood in his member, and the elastic feels good against his skin. Better yet, try a hair band with beads for a more intense sensation.

fotolia.com (2)

Just watch for any rogue stilettos in there.

ERIC RAY DAVIDSON. (On her) shoes: Casadei; earrings and bangles: Sequin. (On him) jeans: J Brand; sneakers: Generic Man.

excited and curious as to what's to come, he'll play along."

SEXY VARIATIONS...

- Choose your favorite steamy sex scene from a movie to reenact with your guy. Watch it first (and even rewind to view it again), and get revved up knowing you'll be doing the exact same moves soon.
- Take notice of the kinds of celebs your guy lusts after, and turn yourself into a version of one of them for the evening. Does he dig Joan on *Mad Men*? Do a '60s-inspired cat eye, find a bra that gives you mega cleavage, and stick with a quiet, sultry vibe. Is he into Angelina? Slap on a fake tattoo, and get tough with him.

Be an X-Rated Multitasker

Dudes love to see you get yourself off. Here's a real bad-girl twist: Pleasure yourself at the same time as you make him climax. Have him lie on the bed on his back while you lie next to him on your side, perpendicular to his body, with your head near his package. Start giving him oral, using one hand and your mouth. Once he's hard and enjoying himself, reach down with your other hand and start rubbing your clitoris (your positioning gives him a primo view). "Don't worry about being precise with your technique on him," says Borg, "because watching the action will turn him on so much, he won't need much attention to climax." Also, if you start moaning as you near orgasm, that'll make your lips vibrate on his member, providing an intense sensation for him.

SEXY VARIATIONS...

- Since it's easier for many women to bring themselves to orgasm using their vibrator, go ahead and whip it out. Rather than just getting your buzz on, bring it up and rub it against the sides of his shaft for a few seconds before taking it back down to work its magic on you.
- While pleasuring him with your mouth, bring his hand down to touch you. Cover his fingers with yours so you can make sure his touches are exactly what you need to climax. It'll arouse him even more to get to see you taking control of his movements, and he'll love getting to feel you.

Vamp It Up With a View

Public displays of erection can land you in jail, or at least get you heavily fined, in many states. But damn, it's so hot, it's worth figuring out a way to do. Leave on your top, but take off your pants and lean out an open window so he can enter you from behind. "You'll both get a thrill knowing people can see you while having no clue about all the naughty stuff going on just out of view," says Cadell. If you're still a little worried (or live next to small children), do it at night.

SEXY VARIATIONS...

- Sit on the window ledge with the window closed. Your back will be pressed up against the glass so others can still see you, but you'll be face-to-face with your guy, making for a more intimate experience.
- Get frisky in your car at night when it's parked in your driveway. Not only is it fun because it's not a place you usually have sex, but being outside your house (where someone could see) will spike your adrenaline. ■

Way to rock number 23.

WHICH ROMANTIC HABIT ARE YOU MISSING?

Tweet your answer to @CosmoOnline with the hash tag #IWishINeverStopped and it could be featured for all to see on our website.

50 Things You Should Never Stop Doing in a Relationship

When you first fell hard for your guy, even his morning breath was a turn-on…or at least tolerable. But then you realized he hums and sometimes wears the same shirt three days in a row, and frankly, it's irritating as hell. Worse, it goes both ways (bought any racy lingerie lately?). To keep the passion burning, you have to work at it—enter our list of ideas designed to rut-proof your romance.

BY JESSICA KNOLL

1 Not shooting him down when he calls at 5:59 on a Tuesday evening and suggests playing laser tag or going rock climbing or whatever. *The Real Housewives* reunion can wait.

2 Keeping your body complaints to yourself—the more comfortable you get, the more you may find yourself proclaiming that you feel fat or that your nail beds suck… something you would never do when you were the hot new girlfriend

3 Falling asleep in the buff après sex rather than rushing to put back on your favorite boxers-and-tee-shirt combo

4 Gazing at him in that sweet, one-shade-shy-of-creepy way while he tells a story

5 Choosing sex over your kickboxing class on Saturday mornings

6 Never letting the cracks show in public. Even if he starts doing that thing where he contradicts every damn thing you say, wait until you get home to call him out on it.

7 Maintaining your feminine mystique by never putting on deodorant, cleaning your ears, or clipping your toenails in front of him

8 Swiping on some lip gloss even if you two are just running Sunday errands. We're not clutching our pearls and insisting that you do up your whole face, but a little touch-up isn't exactly going to set back the whole feminist movement or anything.

ERIC RAY DAVIDSON. Assistant fashion editor: Jennifer Steele. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Courtnay Cain Saunders. (On her) bra: Jenna Leigh; shorts: Monrow; bracelet: Robbie Simon. (On him) hoodie: Scoop; shorts: Alternative Apparel.

9 Grabbing his ass or biceps as he walks by, then bouncing your eyebrows up and down and nodding approvingly

10 Oral. He's gotta do it, you've gotta do it, we've all gotta do it!

11 Screening his call and waiting 10 minutes before returning it. Then be all mysterious about where you were when he asks why you didn't pick up.

12 Holding hands in the movie theater and occasionally copping a feel during an especially hot sex scene

13 Keeping your phone in your purse during dinner (and not peeking when it buzzes!)

14 Buying scandalous lingerie on days other than birthdays, Valentine's Day, and anniversaries

15 Compromising on a show you can both enjoy, rather than exiling him to the bedroom because you want to watch *The Biggest Loser* and he wants to watch the game

16 **Going out with your friends and meeting up with him much later—after you have had a few cocktails, been hit on by a bunch of guys, and are feeling frisky**

17 Having sex during your period. Remember when you were so horny you just didn't give a shiz?

18 Keeping the bush groomed and in tip-top shape

19 Yes, it's adorable when you've been together for so long that you have "your" booth in the corner of "your" place. But don't let that keep you from checking out new spots and trying interesting cuisines.

20 Surprising him in the shower because you want some steamy loving, not because you're in a rush and he's taking too long

21 Talking him up—about his job, his music, his gun show—to anyone you meet

22 Withholding most of your girl drama from him. *Someone* is not interested in the fact that Jill had the audacity to wear a cream-colored dress to Jen's wedding!

23 Wearing cute little lounge clothes on Sundays. C'mon, yoga pants are just as comfy as sweats…and they won't shrink his boner.

24 Grabbing drinks with him on a Wednesday night and having a long, deep, cheesy talk about all your hopes and dreams at the bar…and then going home to have tipsy, wild sex

25 Laughing at his (passably) funny jokes

26 Seeing the *Twilight* movies (and whatever is all the teenage libido–inducing rage after it) with your friends, not him, and then refraining from discussing why you're *sooo* Team Edward with him afterward

27 Telling him how hot he is. This usually results in his saying "You too," so win-win.

28 Wrapping your tampon applicators in toilet paper before you throw them out

29 Pretending to be very busy and important: "Yeah, I'll be home later, I just have this thing I have to stop by" when you're just going to get a mani

30 Staying up until an ungodly hour on a weeknight just rolling around in bed and pawing each other like teenagers

31 **Giving his ego a good, firm stroking by occasionally telling him sweet little white lies like "That girl just totally checked you out!" or "I've been thinking about you all day long."**

32 Flirting with the cute waiter or bartender so that he never forgets just how freaking doable you are

33 Putting in the effort with his friends: "Yup, I totally agree that Melo (who?) is sucking this season."

34 Occasionally packing your weekend schedule with all sorts of activities that don't include him so he has (almost too much) room to breathe

35 Talking to him in your big-girl voice. What other voice would you possibly use, you wonder? See Khloé Kardashian and her baby babble to Lamar. Vomit.

36 Making sure that vegging out on the couch and eating a jar of peanut butter with a spoon always, always, always remains a solo activity

37 Never letting him see your grody underthings and—most importantly!—protecting your eyes from his as well. If you live together or get to that next step, this becomes much more difficult thanks to the joint laundry thing. Solution: Get two lingerie bags.

38 Looking your hottest when you're hanging out with his friends. Your guy obviously knows you're dead sexy, but it doesn't hurt for him to hear some reinforcements or catch someone eyeballing you.

39 Playing it cool on Facebook—no need to post on his wall every single day…or even every other. Virtual absence: It makes the heart—and other parts—grow fonder.

40 Making date plans for Saturday on a Monday and, every now and then, springing for a new dress for the occasion

41 Exercising some discretion when it comes to what you tell your friends about your relationship. Going on and on about every little thing that bugs you about him isn't venting, it's bitching, and eventually, it takes its toll.

42 Quickly running to the bathroom to brush your teeth before morning sex

43 Taking *him* out to dinner. Oh, and that means he gets to pick the restaurant too.

44 Continuing to check things off your sex bucket list

45 Throwing your sweaty gym clothes in the hamper immediately after you work out instead of allowing them to fester on the floor of the bathroom for a few hours

46 Sucking it in and strutting your stuff when he's watching

47 Not commenting on the fact that his ex is pretty much the human stain

48 Not commenting on the fact that your ex is way worse. Nothing is more of a mood killer than bringing up either of your romantic pasts.

49 Taking the time to seduce him in a totally new way—you may have (or eventually make) your own little sex code, but try not to rely on it all the time.

50 Picking up his favorite type of beer or snack on your way home from work. You know how amazing it feels when he sends you flowers "just because"? It's like that. ■

And 3 Not to Do

It's easy to lose perspective when you're paired up. Case in point: the following celebs…all of whom are now single.

We're sure that tattoo of Jesse as a child isn't the only regret Kat was left with postsplit….

Kelly Osbourne and her ex-fiancé thought being look-alikes would help love last. Wrong.

Snooki's ex was careful with her Hello Kitty tote—it's where his balls were hiding, after all.

(From top) Jordan Strauss/WireImage; pacificcoastnews.com; Big Pictures/bauergriffinonline.com; GVK/bauergriffinonline.com.

A HOT NEW (*SOLO*) SEX TREND

He thinks you're at home watching Lifetime.

Richard Foulser/trunkarchive.com

A Cosmo survey reveals an eye-opening pattern: More and more women are watching porn alone.

BY CAROLYN KYLSTRA

That dudes watch porn is one of life's certainties, practically right up there with death, taxes, and cellulite. But a new Cosmo survey of 1,100 women confirms a fact that we've suspected for a few years now: Lots of ladies enjoy triple-X skin flicks too. And here's the most shocking part: 96 percent of the women we surveyed said they've watched porn alone at least once, and 67 percent of those women say they watch it once a month or more. "The idea that pornography is just for men and that women can't enjoy it on their own is insane," says sex educator Logan Levkoff, PhD. "Women are absolutely visual creatures too."

How Porn Went Mainstream

In the past few years, porn has lost a lot of its stigma…or at least gained some level of cultural acceptance, Levkoff says. "We see Sasha Grey on *Entourage* and Jenna Jameson on the *New York Times* best-seller list. All these characters from the erotic world have made it into our everyday lives." While there's still a huge antipornography movement, the culture surrounding pornography has become more mainstream. "Because of that, women are beginning to think and talk about it more, and many of them have figured out, Holy crap, I kind of like it too," Levkoff says. Suddenly, we have permission to explore.

Logging On, Getting Off

For years, the only way to access smut was to buy it from sleazy, flickering-neon-sign-adorned sex shops. But then came technology. "Now women can explore their curiosities in private online, without having to do it in front of people," says sex educator Jamye Waxman, author of *Getting Off: A Woman's Guide to Masturbation*.

And privacy isn't the only benefit of the internet—it also gives us a way to discuss porn with other women without feeling weird or like we're being judged. "There are online forums where women share their thoughts and recommendations about what they like or want to see," Waxman says. These forums are super helpful, she says, because "once we become part of a group that's doing something, we begin to feel a lot better about it."

Finding a Site That's Just Right

In our survey, 92 percent of porn fans said they typically watch free streaming clips online. But here's the thing: Most of the no-charge sites feature predominantly gonzo-style porn, a mix of amateur, professional, and animated vids that feature just a few minutes of graphic action and are heavy on violence and degradation, light on plot or genuine female pleasure. Erika Lust, author of *Good Porn: A Woman's Guide*, warns that if you stick to the free sites, you might come away with the misconception that there is nothing better out there. "Women can become turned off to all pornography because they think it's always geared toward male fantasy," she says. Waxman recommends checking out hotmoviesforher.com and fleshbot.com, two websites that feature content made especially for women. ■

“The Hideous Way She Dumped Me”

Hey, dude, stick her with the dry-cleaning bill.

Getting tossed to the curb totally bites emotionally, but now research finds it *literally* hurts too—the body registers rejection like it does physical pain. Hearing their stories, we really feel for these dudes.

BY ANNIE DALY

“**I was driving home** from a business trip, and it was pouring rain. My live-in girlfriend, who I'd been dating for more than three years, called me to tell me that she had moved out of our house while I was away. She had never even mentioned having any doubts about our relationship but told me over the phone that she hadn't been happy for months. It was the most miserable drive ever, and to top it off, I arrived home to a house with no furniture.” *—Karl, 28*

“**A few years ago, I** had to have my appendix removed. My girlfriend of several months came to visit me in the hospital and proceeded to dump me as I was lying there in bed, completely powerless. She said she just didn't think we should date anymore, and she left. I couldn't exactly chase after her, so I was forced to wallow in my misery for days.” *—John, 33*

“**This girl I'd been** seeing for a year decided to break up with me at my birthday party. She said that her friends had been complaining about me and didn't like the fact that I was around all the time. Essentially, she announced, ‘I choose my friends over you.’” *—Nick, 19*

“**I went to South** America for a monthlong trip. After I'd been there for about two weeks, my girlfriend of two years stopped responding to my e-mails. When I flew back home, she picked me up from the airport but didn't even kiss me hello. She drove me to my house, helped me bring my stuff to my room, then dumped me while sitting on my bed. She told me that she wasn't in love with me anymore, and she'd met and started dating someone else while I was away. I was devastated.” *—Alex, 26*

“**I'd gone out with** this girl a few times, and I really liked her. But one night, when we didn't have plans to hang out, I saw her across the room at a bar in our college town. I know she saw me too. Excited, I made my way across the room to go talk to her…but as I got closer, I saw her bolting out the back door…literally running. I tried to catch her, but it was too late. She was gone. I called and texted her that night and a few days after, but she didn't respond. I have no idea what I did.” *—Vinny, 24*

“**I'd been dating this** girl for about a month. I really liked her but we hadn't slept together yet, so I invited her over one night, hoping to seal the deal. But when I tried to make my move, she looked at me in disgust and said, ‘I'm just not physically attracted to you at all. Sorry.’ She hurt my feelings so much, I started crying. It was so embarrassing.” *—Phil, 30*

“**My girlfriend and I** had been a couple for five years. We'd lived together in a college apartment, in her parents' house right after graduation, and then in our own place. But even after all that, she randomly dumped me one day…via text…with no warning. She wrote, ‘Greg, I don't know how to tell you this, but I'm unhappy. This isn't working out.’ She didn't even call me after dropping the bomb. It took me more than a year to get over her.” *—Greg, 26*

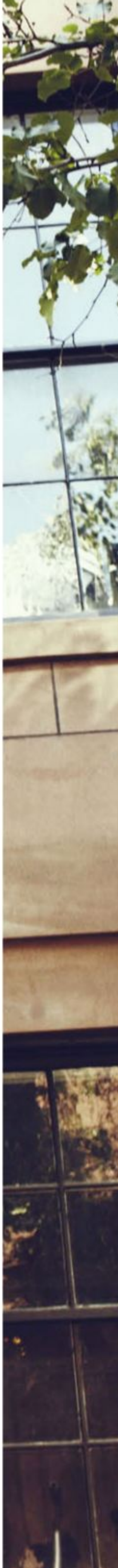
“**I went out twice** with this awesome girl. She seemed sweet and cute, so I sent her flowers at work and a few ‘xoxo’ text messages, thinking she'd like the romantic gestures. But when we went out on our third date, she sat down and said, ‘Listen, Dan. You think you're being cute, but I don't do mushy—I need an alpha male. I have no choice but to drop you now or else I know I'll eat you alive later.’ She actually said that.” *—Dan, 30*

“**I'm a musician, and I** enjoy it when the woman I'm dating comes to my shows. But one night, my girl, Caroline, whom I'd been dating for almost a year, randomly came to my show with another guy. She sat in the front row and started blatantly making out with him so I would see. I was so baffled and hurt that I totally messed up my performance. Caroline left the show early with the mystery guy, and when I got offstage, I had a text waiting for me that said, ‘Nice show, cheater! We're finished, by the way.’ I guess she thought I'd cheated on her, which I hadn't.” *—Mike, 34*

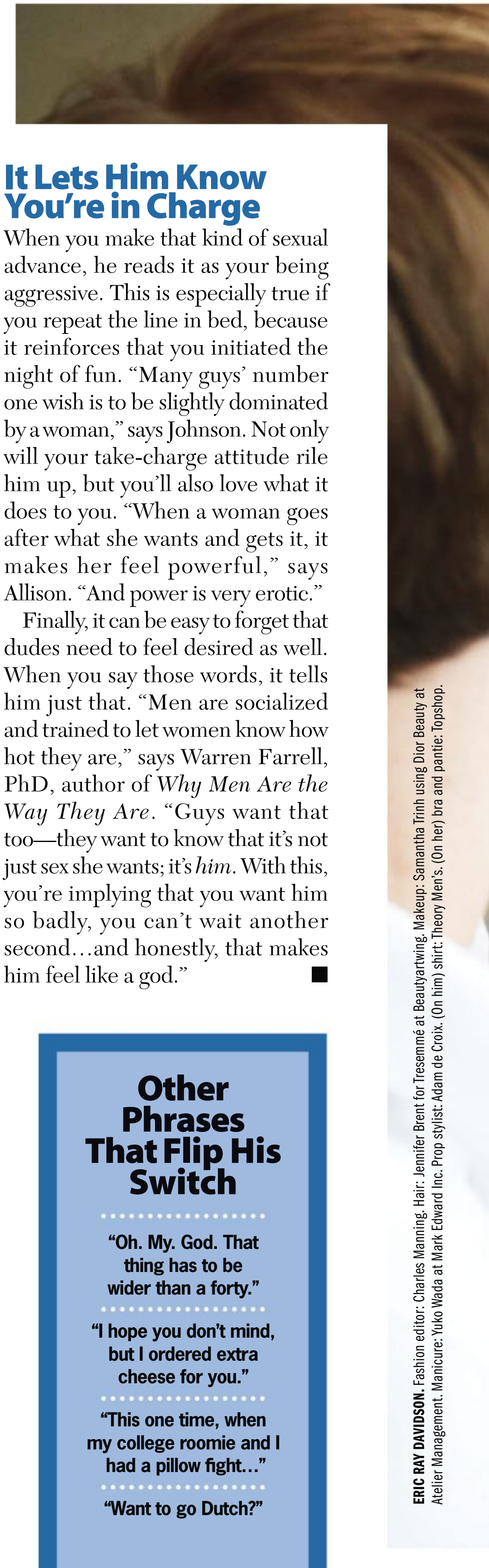
“**When I was in law** school, I dated this girl for about six months. One weekend, I was really busy and didn't return her calls for two days. That Monday, I found all the DVDs we had watched together piled in my mailbox.” *—Jared, 30*

“**I got dumped on** Christmas Eve in a handwritten note. My girlfriend of seven months left it on my front porch in a box of everything I'd ever given her, like expensive jewelry and my college sweatshirt. She told me she was sorry, but she was in love with another man. Yeah, Santa clearly hated me that year.” *—Tim, 21*

“**My long-term** girlfriend pulled the most clichéd breakup move and took me out to dinner, ordered red wine, and threw it in my face when it arrived. We'd had a tumultuous relationship, so I guess that was a fitting end. But I was still devastated…and she also ruined a really nice suit.” *—Kevin, 31* ■



CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Jen Myles at Workgroup for Dior. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Ise White for artistsbytimothypriano.com. Dress: Twelfth Street by Cynthia Vincent. All names have been changed to protect their privacy. Stories may have been edited for length, content, and clarity.



4 Words That Seduce Any Man… Anytime

This single sexy phrase makes him drop everything (pants included) and start drooling over you. But you need to work it carefully.

BY BETHANY HEITMAN

Whispering almost any naughty line to a guy is the sexual equivalent of 3-D glasses—it heightens the entire experience for him. But after talking to a bunch of dudes recently, we learned there are four *specific* words every man longs to hear the most. The phrase that unleashes his lust? "I want you now." We asked experts why that is, and here they explain the reasons it gives you such seduction power.

It Shocks the Hell Out of Him…in a Really Hot Way

Hearing those words when you're unzipping his pants or aggressively pushing him down on the bed does mind-melting things to a guy, sure, but if uttered someplace completely innocuous, like the produce aisle or the dog park, they are even hotter.

"That line out of context, when he least expects it, triggers his desire instantly," says psychotherapist Stephen Johnson, PhD, director of the Men's Center of Los Angeles. "When a guy is erotically surprised, it actually causes his brain to release endorphins and neurotransmitters like norepinephrine and dopamine that affect his mood and put him in a physiological state of arousal." In addition, because the phrase is so blunt, it taps in to racy fantasies that most men have about raw, spontaneous, even animalistic action.

Here's the thing, though: You need to be strategic when you say it. You want that shock factor, but then it's also key to repeat the phrase when you're back between the sheets to drive the point home that you're actually going to make good on your promise. "If you whisper the magic words when there's no way you can have sex in the near future—as you're walking out the door to go on vacation with friends or during a long car trip with your parents—it's crying wolf," says sex therapist Sadie Allison, author of *Ride 'Em Cowgirl*. "He may feel like you're just teasing him."

It Lets Him Know You're in Charge

When you make that kind of sexual advance, he reads it as your being aggressive. This is especially true if you repeat the line in bed, because it reinforces that you initiated the night of fun. "Many guys' number one wish is to be slightly dominated by a woman," says Johnson. Not only will your take-charge attitude rile him up, but you'll also love what it does to you. "When a woman goes after what she wants and gets it, it makes her feel powerful," says Allison. "And power is very erotic."

Finally, it can be easy to forget that dudes need to feel desired as well. When you say those words, it tells him just that. "Men are socialized and trained to let women know how hot they are," says Warren Farrell, PhD, author of *Why Men Are the Way They Are*. "Guys want that too—they want to know that it's not just sex she wants; it's *him*. With this, you're implying that you want him so badly, you can't wait another second…and honestly, that makes him feel like a god." ■

Other Phrases That Flip His Switch

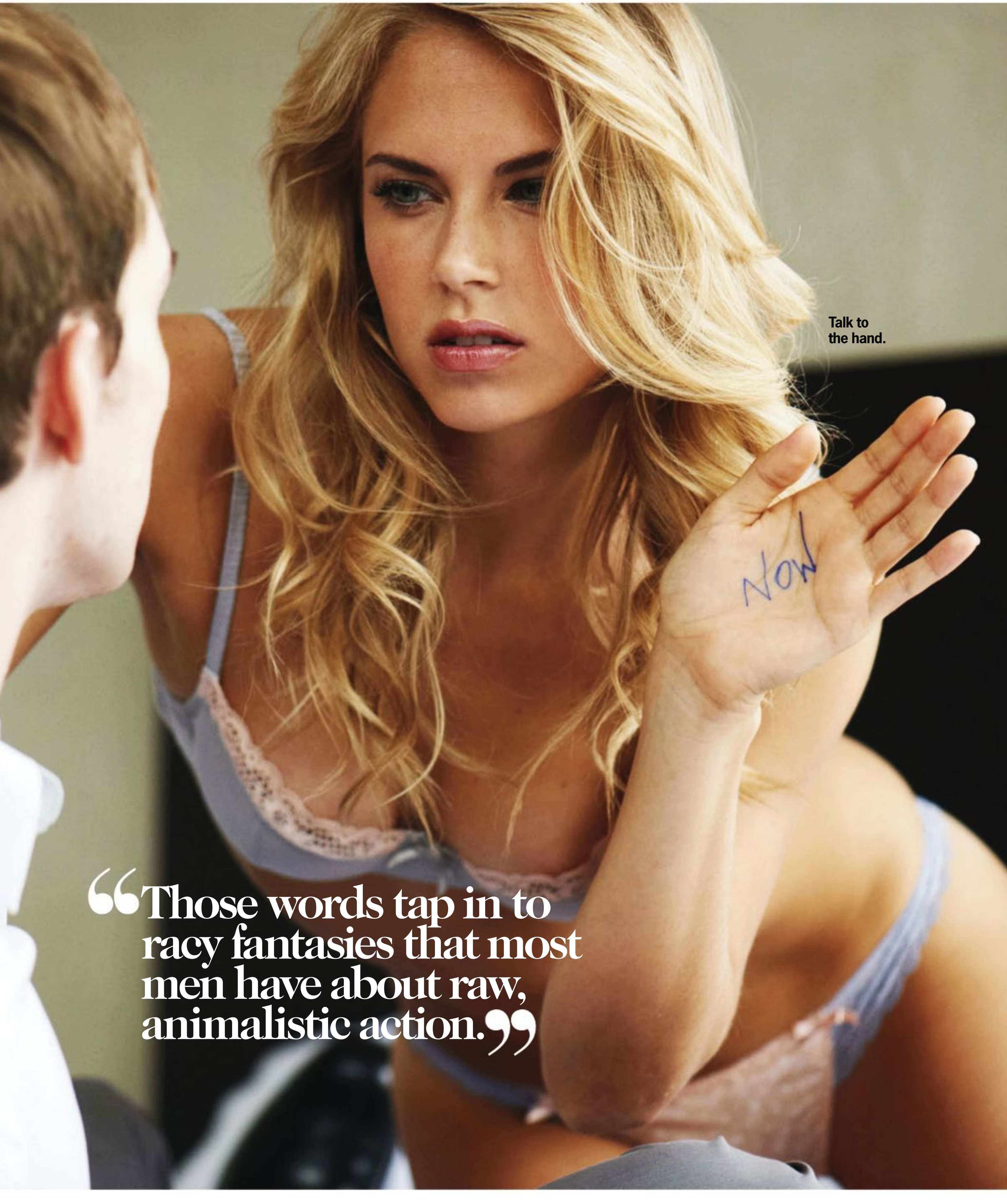
"Oh. My. God. That thing has to be wider than a forty."

"I hope you don't mind, but I ordered extra cheese for you."

"This one time, when my college roomie and I had a pillow fight…"

"Want to go Dutch?"

ERIC RAY DAVIDSON. Fashion editor: Charles Manning. Hair: Jennifer Brent for Tresemmé at Beautyartwing. Makeup: Samantha Trinh using Dior Beauty at Atelier Management. Manicure: Yuko Wada at Mark Edward Inc. Prop stylist: Adam de Croix. (On him) shirt: Theory Men's. (On her) bra and pantie: Topshop.



Talk to the hand.

> “Those words tap in to racy fantasies that most men have about raw, animalistic action.”

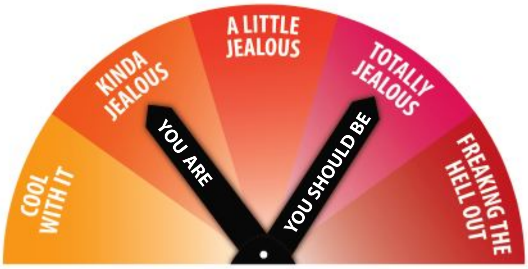
Times It's Smart to Be Jealous

Feel guilty for getting protective of your guy? Don't. Not only is it sometimes warranted, he'll appreciate that you care. Here's how to tell if you should chill…or bring down the hammer.

BY KORIN MILLER

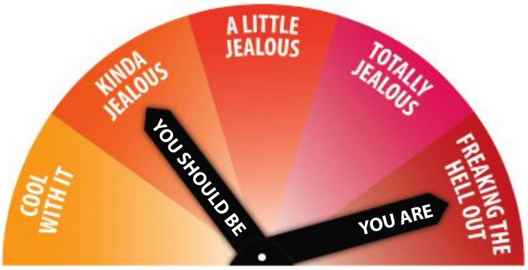
No matter how tight your bond is, your inner green monster is bound to pop up now and again. Luckily, relationship gurus agree jealousy is healthy. "It can be a productive way to show your guy how you want to be treated and that you care," says Debbie Magids, PhD, author of *All the Good Ones Aren't Taken*. But figuring out which situations call for a fit can be tough. That's why we polled you online to see how you'd react in these scenarios and stacked your answers against how experts say you *should* behave. The results were surprising.

Your man's new work buddy is a flirt…and a dead ringer for Gisele.


COOL WITH IT
KINDA JEALOUS
A LITTLE JEALOUS
TOTALLY JEALOUS
FREAKING THE HELL OUT
YOU ARE
YOU SHOULD BE

It's one thing if your guy chats with some touchy-feely girl he'll never see again, but it's different if he's around her 40 hours a week, says Rachel Sussman, a couples therapist in New York City. Office romances happen—a recent Career Builder study found 40 percent of people have dated a coworker, and often it's because we spend more time at work than anywhere else. Odds are, your guy would be clueless if his new pal was moving in on him, but it's good to let him know you're not wild about the situation.

He's meeting his significant ex for drinks to catch up.


COOL WITH IT
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TOTALLY JEALOUS
FREAKING THE HELL OUT
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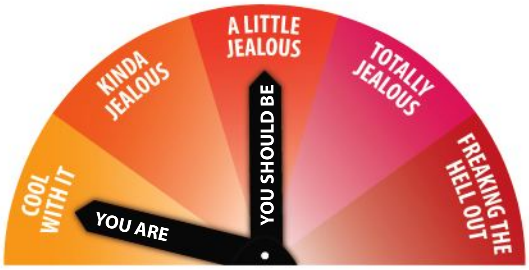
YOU ARE

It's understandable that you'd want to lose it, but if your guy is up front about his, er, date, you shouldn't rip him a new one, says relationship therapist Terri Orbuch, PhD, author of *5 Simple Steps to Take Your Marriage From Good to Great*. That doesn't mean keep your feelings to yourself. Just take a sec to evaluate whether your insecurities are seeping into this. No? Okay, then tell him you're fine with him reconnecting with an old friend, and while you trust him, you'd feel more comfortable with them grabbing coffee instead of throwing back a few, which can lower both of their inhibitions.

Your guy is going to a strip club for his BF's bachelor party.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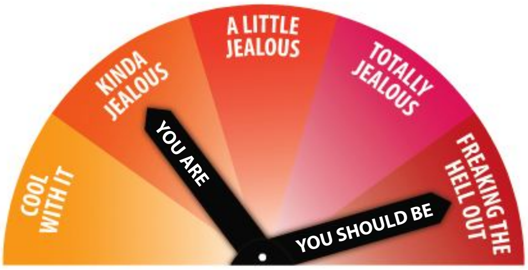
YOU SHOULD BE

Yes, most men put as much thought into staring at a girl's butt as we do breathing, but you don't have to be totally okay with your guy making plans to drool over another woman's bod, says Bethany Marshall, PhD, author of *Deal Breakers*. If you're honestly cool with it, great. But if you feel a little uncomfortable, speak up. Ask how he'd feel if the roles were reversed, and tell him the whole thing doesn't sit well with you. He should respect your feelings enough to at least refrain from getting a lap dance. (You can surprise him with a private show later.)

He consistently won't tell you who he's texting.


COOL WITH IT
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A certain level of privacy in a relationship is necessary, but you'd have to be crazy to put up with this secretive behavior, says Magids. She says to be direct. Tell your guy, "I feel like something is going on because you're keeping it so private." Then say, "I hate to be in this situation, but I want to see who you're texting." You're not overstepping, she says—his shady behavior makes your request acceptable. If he has nothing to hide, he'll fork it over. If not, there's a good chance he's involved with another woman… or in the Mob.

(Gisele) Dave Allocca/startraksphoto.com. (BlackBerry) fotolia.com.

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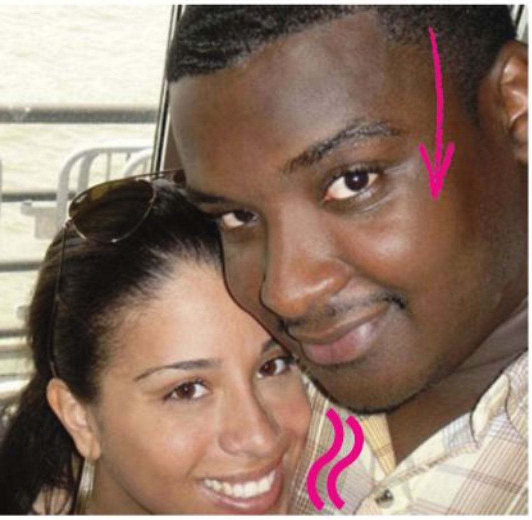
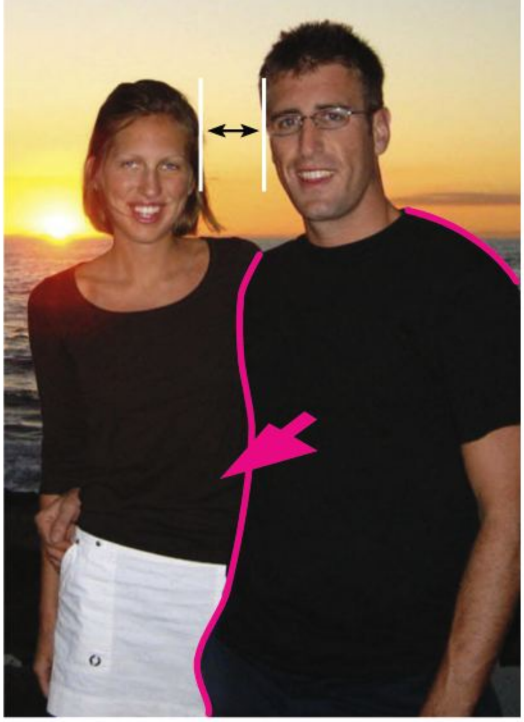
How Strong Is Their Love?

Cosmo readers sent in pics for our body-language expert to evaluate. Her insights will have you scanning your own snapshots.

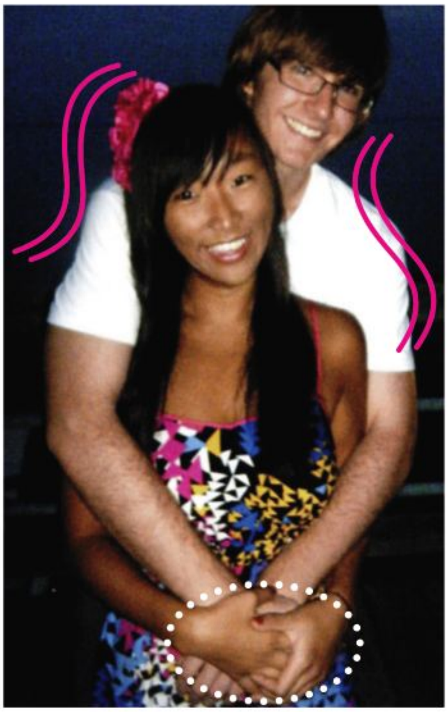
BY LILLIAN GLASS, PHD



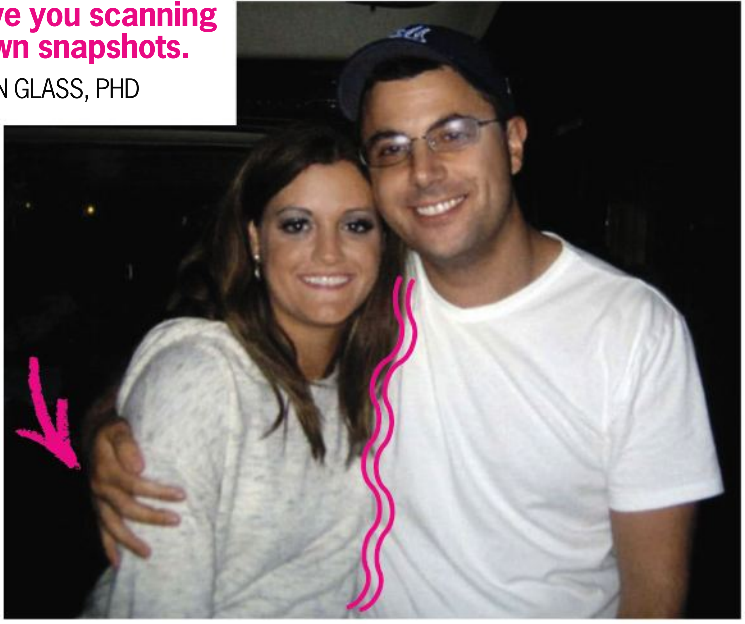
Ileana, 30, and David, 29
"We've been dating for more than a year, and this has been the most amazing time of my life. I look forward to many more years with David."
The apples of David's cheeks lift when he smiles, signaling that he's genuinely happy. You can tell that Ileana feels safe and protected by the way she nuzzles her head into his shoulder.



Heather, 30, and Dan, 31
"After three and a half years of marriage, Dan and I are still totally crazy about each other. We're best friends."
The space between their heads reveals that they could use a little more everyday affection. By standing slightly in front of Heather, Dan shows he likes to be in control.



Donna, 20, and Jared, 20
"During our year and a half of dating, we've taken things one step at a time, loving each other."
Jared's clumsy hug from behind and her awkward clutch demonstrate they're not totally comfortable around each other yet.



Jessica, 27, and Jerry, 26
"We met on a commuter train more than two years ago, and it was love at first sight for both of us. Jerry and I have never been happier."
By leaning their heads together and leaving zero space between their bods, these two prove they're very connected. Jerry's relaxed grip indicates he feels open with her.

Courtesy of contributor (4)

Want to have your relationship assessed by our expert? COSMOPOLITAN.COM/BODY-LANGUAGE

"Winner Feminine Care Category.
Survey of 60,493 people by TNS."

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For Keeps

Can You Have *Some* Secrets?

Every month, author and journalist Kristina Grish contemplates the sweet, surprising, and often totally confusing world of marriage.

"Hey, *gourd*geous."

Riser/Getty Images

If my husband, Scott, could survive on steak and candy, he would. So I wasn't shocked when his doctor called to say that he should try a diet to lower his cholesterol or he'd have to go on meds. Scott wasn't home, so the doc broke the news to me and suggested I take the reins by buying healthier groceries. Since then, however, Scott's been hoarding junk food behind my back. I've found Oreo wrappers outside, Goldfish hidden in his desk, and a Chuckles package under the car seat. I might be more concerned for his fragile ticker if I weren't so pissed by his secretive behavior. Sure, it's not like I caught him cheating, but isn't his stealthy eating still a betrayal?

The Lying Game

Okay, I'll admit that while I'm annoyed that Scott's suddenly sneaky, I'm not always honest about *everything*. I round down how much stuff costs and have let him think his computer "mysteriously" crashed after I downloaded a Facebook virus. But these seem like meaningless fibs. So I asked Lynda Veto, PhD, a relationship therapist in New Jersey, if my behavior is kosher.

Wish your hubby knew how to handle your every mood? If a Cosmo for Guys App is on his iPad, he will.

Apparently, it is. "We all need small secrets to retain some mystery and keep the peace," she says. She defines a small secret as one that can be annoying if it's discovered but is harmless. So unless we couldn't pay our bills when I fibbed about shopping, my secrets are no big whoop. His, however, is a monster fib, because not sticking to his diet could cause a medical problem.

Scott's always been an honest guy, so I don't get where his secretive behavior is coming from. Kristen M. White, PsyD, a clinical psychologist in Southern California, explains that we keep secrets because we are afraid to expose vulnerabilities or because we feel guilty. And while little lies are okay here and there, she says, we need to know that regularly keeping things on the DL can hurt our marriage.

Handing Him the Wheel

But according to Veto, I shouldn't freak on Scott just yet. Why? He didn't have to take ownership of his problem since his doc asked *me* to do it. I need to tell him to call his doctor to find out how to manage his health since he's more likely to do it if he feels responsible. I also need to spell out how hurt I felt about his hiding things.

I followed Veto's advice, and after Scott called his doctor, he asked me to help with his diet—for real this time. Over a modified Chinese dinner, I ask what the doc said to change his mind. His answer: "One of the possible side effects of these meds is sexual dysfunction." *Ooh*, he's good. ■

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Sex Q+A

In-depth responses to questions you could only ask Cosmo

Q. I'm dating a new guy, and we're having a ton of sex… like, up to four times a day. Is it possible to do it too much?

A. Not really. Here's the general rule: As long as sex isn't getting in the way of your necessary day-to-day activities (going to work, sleeping, eating, etc.), you can never have too much. That being said, if either of you feels any physical pain, such as chafing or soreness (despite using lube), then you need to give things a rest for 12 to 24 hours, so your body has time to recover from all that action.

Q. I want to handcuff my husband in bed, but I feel weird initiating it. What's the best way?

A. First, you have to get in that sexy, dominatrix mind-set. Wear something that makes you feel powerful and hot, like black lingerie and your most wicked pair of heels. Straddle him and whisper in his ear, "I'm taking charge tonight, and I have one rule: You can't touch me." Then show him the handcuffs and slowly, seductively restrain his wrists as you kiss his face and neck. (If you're worried that full-on handcuffs might be too much, start out by loosely tying his wrists together with one of your scarves or his tie.) Once you have him bound, teasingly kiss all over his body, stopping every now and then to let him watch you stroke yourself—it'll arouse him like crazy, since he knows he can only look, not touch. At that point, both of you will be aching for it…and I bet you can take it from there.

Q. I've noticed that sex is more pleasurable some weeks than others, even if we're doing the same moves. What's going on?

A. Most likely, it's due to your menstrual cycle. During the first week (aka your period), there's increased circulation and lubrication from the blood down there, which can actually make you hornier… and sex is more pleasurable when you're super turned on. In the second week, hormones like estrogen and testosterone start to ramp up, causing your arousal to climb even more until it reaches its peak during ovulation (days 14 through 17). From there, your libido begins to take a dip until your next period, thanks to an uptick in the hormone progesterone, which can make you feel sluggish. If you're on the Pill, though, your hormone levels remain fairly steady, so there shouldn't be a noticeable difference from week to week.

Q. My boyfriend loves girl-on-top, but I don't have a lot of experience with the position. Any tips?

A. Start on your hands and knees, and lower yourself onto his penis (he can insert it with his hand to help you out). Begin moving up and down slowly, and place his hands on your hips—having him guide your motions can help you get used to the position. Once you start to feel more comfortable, experiment with the angle (leaning forward will stimulate your clit, while leaning back will hit your G-spot) as well as the speed. Mix up your movements a bit too: You can swivel your hips in a figure-eight motion or rock them back and forth. You don't have to do all this in one sex session either—the more often you try girl-on-top, the more at ease you'll feel trying new, pleasurable twists on the position.

Q. How soon after having unsafe sex can I find out if I contracted any STDs?

A. It depends. Certain ones, like chlamydia and gonorrhea, can be detected in a urine test about two weeks after exposure, while others, like HIV, won't give any conclusive test results until at least three months after sex. As a general rule, you should be tested a couple of weeks after you've had unsafe sex and also schedule a second appointment for three months later to check for HIV. Putting it off any longer is dangerous, as some of the diseases become more difficult to treat. When you do go, be up front and tell your doctor that you had sex without a condom and you'd like to be tested for all sexually transmitted diseases. If you don't specify this, she may not check for everything. ■

MEET THE SEX DOC
Yvonne K. Fulbright, PhD, is a certified sex educator and relationship expert. She's the author of several books, including *Sultry Sex Talk to Seduce Any Lover: Lust-Inducing Lingo and Titillating Tactics for Maximizing Your Pleasure.*

E-mail us your most intimate sex questions. SEXQANDA@HEARST.COM

(Couple) CHRIS CLINTON. (Fulbright) courtesy of subject.

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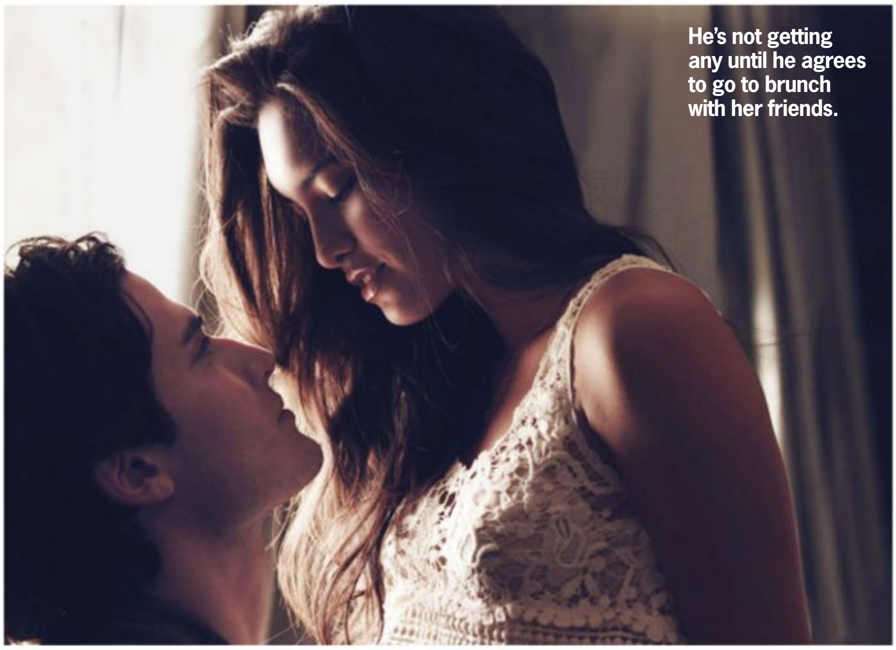
Ask Him Anything

Advice from our guy guru, Ky Henderson



He's not getting any until he agrees to go to brunch with her friends.

Q. My husband hates the majority of my girlfriends, but his reasoning is always something like "She's lame." I want them to all get along when they're together. What should I do?

A. The fact that he can't offer you specific reasons for why he dislikes your friends tells me that his issues have less to do with them and more to do with their effect on you. For instance, he may worry that you'll get wild when you go out with them—say, by drinking too much or flirting with other dudes. Or he may fear that your friends bad-mouth him to you—if he doesn't like them, chances are, he assumes they hate him right back. So you need to prove that they're not plotting his demise and they're cool girls who aren't trying to corrupt you. The trick is being subtle about it so his BS detector doesn't go off.

Start by showing him that they're fans of his: Make a point to tell him whenever they say something nice, even if it's as simple as "Katie says hi." At the same time, whenever they do something you know would impress your husband—like treat their guy to a sporting event or train for a marathon—be sure to bring it up to him.

And whatever you do, don't keep him completely separated from them. Assuming you don't have terrible taste in friends (or husbands), being around them will, at the very least, ease his fears that they're a bad influence. Suggest more low-key group activities, like watching the game with your friends plus a couple of his buddies. It's a low-pressure situation, and he'll feel more comfortable because his friends are there too. Once he sees for himself how happy they make you, he'll respect them for that reason alone.

Q. My boyfriend found my vibrator and makes fun of me for using it. I like getting myself off, but that doesn't mean I don't like getting off with him. How can I get him to stop it?

A. Unless it's, say, a sparkly slab of multicolored plastic that looks more like a unicorn horn than a sex toy, I would guess your boyfriend is mocking it for reasons that have far more to do with him than with you. He may be a little intimidated by it. Or he may be fascinated by it and want in on the action.

In theory, guys should no longer be intimidated by vibrators. After all, they're practically sold in supermarket checkout lines, and they're openly discussed these days. But in reality, some guys still think of them not as an enticing sexual-enhancement tool but as a sinister cyborg

Q. When my guy wants oral, he does this thing where he pushes my head down—not a turn-on! What can I say to explain how unsexy it is without ruining the moment?

A. He's no doubt seen this move in both porn and mainstream movies, so he probably assumes it's an acceptable method of letting you know what he wants. He may also find it hot because, much like pinning your arms down, it's a way for him to assert control. Unfortunately, like you said, it's an unsexy way to do it. But there *is* a sexy way to let him know you're not into it: Next time he tries the ol' head push, move away and suggestively say, "That's not the way to get me to do that. It's much hotter when I want you so badly that I go down on you on my own."

CHRIS CLINTON (2)

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Ask Him Anything

"I've been exchanging flirty texts with a guy…but he has a girlfriend. Could we ever be a couple?"

superpenis that they can't compete with. In addition, if you keep it hidden, he might wonder why you're being so secretive and jump to the conclusion that you enjoy it more than you enjoy sex with him.

Regardless of what's going on in your head, the best solution is to use it with him. Wait for the next time he makes a joke about it and then tell him, "If I showed you what it can make me want to do with you, you wouldn't make fun of it anymore." Then do exactly that—put on a show for him or teach him how to use it on you. It'll convince him that it can only enhance the sex life you both share.

Q. I hate fighting, so I'm usually the type to ignore annoying stuff, but my boyfriend told me he wants me to be honest with him if he ticks me off. How do I do that without seeming like a bitch?

A. I know you don't want to behave like a bitch, but unfortunately, it sounds like your attempt to avoid it is backfiring. Because here's the translation of what your boyfriend is trying to tell you: "I need you to stop being passive-aggressive and bitchy." You say that you typically ignore things that bother you, but it's only human to be annoyed by annoying stuff. So I'm guessing that instead of telling him why you're pissed, you're acting withdrawn, saying rude things, and in general, confusing the hell out of him because he has no idea what he did wrong.

I'm not sure why you hate fighting, but it sounds like it may be because you're afraid it'll make your boyfriend not want to be with you. Well, the fact that he wants to improve the way the two of you deal with problems tells me that he couldn't be more interested in being with you—it's a huge deal for a guy to initiate a conversation about communication.

TELL THE TRUTH

Since men appreciate it when women are up front instead of expecting them to read minds, call him out when he effs up. Here's how: If he's late to meet you for dinner one night, say, "I can understand if something delayed you, but you should have texted me to let me know." You're being totally reasonable, but you're also making it clear that his actions bothered you. He'll appreciate your directness, and he'll also know how to avoid annoying you in the future…which is all he wants.

Q. I recently met a guy at a party, and we hit it off instantly. The problem is, he has a girlfriend. But his actions, like flirty texting, are more than just friendly. Could we ever be a couple?

A. Well, I agree that his behavior has nothing to do with friendship—when I meet a dude at a party, I don't text him about how hot he looked in his jeans. But flirting with you doesn't mean he's thinking about leaving his girlfriend. It just means he's being a bad boyfriend. Even if his current relationship is on the rocks, that doesn't make it okay for him to send you flirty texts.

It sounds to me like you're looking for a boyfriend, so don't settle for the current arrangement…and don't assume he'd be a different type of boyfriend if he were with you. Text him something like "This has been really fun, but you have a girlfriend and we need to stop." If he keeps contacting you, just don't respond. ■

Send us your guy-related dilemma. ASKHIMANYTHING@HEARST.COM

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This Ballsy Choice Scores You Major Happiness

It's time to ditch your man, your friends, and OMG, your phone for a solo adventure. Why? Experts say it will rock your world… and change the way your brain works.

BY KORIN MILLER

When Caroline Jett, a 29-year-old accountant, decided to go on a cross-country road trip, she knew she wanted to go alone. "As corny as it might sound, I thought this would be a good way to figure out more about myself," she says. Caroline did just that, between learning to love the perks of eating breakfast alone in hotels, hiking random trails, and taking road detours because she liked discovering anonymous tiny towns…and she became hugely confident in the process. Yup, Caroline's trek sounds awesome, but let's get real: Exploring by yourself takes cojones, and many of us don't consider it a first choice when making plans. We got experts to explain why it's time to rethink that instinct.

Your World Gets Bigger

Most people approach life with a group mentality—Twitter and Facebook really feed that, says neurologist Richard Restak, author of *The Playful Brain*. "We're so used to sharing things with our friends, we're not focusing on ourselves enough." But by trying new endeavors alone, like attempting some thrill sport, such as trapeze, you eliminate those influences while pushing yourself outside your comfort zone. As a result, you get a better sense of what you like.

Another important point, adds psychologist Susan Nolen-Hoeksema, PhD, author of *The Power of Women*: When you do things with others, you're always aware of *their* needs. Venturing out solo lets you just *be*… and gets you to interact with interesting people you might not meet otherwise.

That's what 26-year-old Courtney Mocio, who works in finance, discovered last year when she got a time-share alone with strangers. "I decided I was going to live near the beach for the summer, no matter what," she says. When none of her friends would commit to the idea, she hit up Craigslist and found a house. "The experience drove me to be more outgoing than I ever thought I could naturally be," she says. She loved it so much, she now plans to tour Europe on her own.

There's a Chill Factor

You don't just gain a different point of view when you take a solo adventure—it actually changes the way your mind works, says Dr. Restak. Doing new things by yourself makes you more self-aware, he explains, which stimulates your parasympathetic nervous system (the part that kicks into gear when you're not feeling anxious), helping you to relax. It also causes a readjustment of feel-good hormones like serotonin in your body, says Dr. Restak, making you more laid-back than you would be if you were among friends. Plus, this rehab enhances your ability to focus and helps you be better at coping with any stress that comes your way.

Want to push it even further? Switch off your phone. Alice Domar, PhD, coauthor of *Live a Little!*, points out that even if you're *physically* alone, chatting on your cell to a friend is distracting and screws up your ability to truly feel comfortable being by yourself. And Caroline says that's one of the best perks: "Through my trip, I learned to enjoy my own company. I think that's more satisfying than most people realize." ■

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Olivia's motto: Be the person you envy.

“I Don't Care How She Does It”

Now costarring with Sarah Jessica Parker in the flick *I Don't Know How She Does It*, smart, foxy, funny Olivia Munn—who you know from *The Daily Show* and her book, *Suck It, Wonder Woman: The Misadventures of a Hollywood Geek*—has some sweet tips to share on crucial topics…like not comparing yourself to other women.

▶ If you put anxiety on a scale of 1 to 10, 10 would be your entire family is trapped in a house, burning alive. Now, most people live their life at anxiety-level 1. I comfortably hover around anxiety-level 8…daily.

I always knew I wasn't normal. Not in a good way—like, every time I eat carbs, a unicorn poops a rainbow… which, by the way, would be so awesome—but in the way that made me ruin opportunities and relationships.

Because I have a lot of anxiety, I'm not the type to sit around and wait for doors to open. I'm a go-getter. I used to concentrate my energy on the wrong things, like comparing myself to others, which inevitably led to my own demise. Over time, I've learned that it's more useful for me to redirect my focus. I can only give you advice that's worked for me. So here are a few ideas that have helped me live the life I was meant to live.

……

You Don't Need Their Light

There will always be someone smarter, taller, or prettier than you are. And there will always be someone dumber, shorter, or uglier than you are. It's completely useless to compare yourself to other people.

I personally don't compare myself to others. Some people have a bright light, and it's easy to be attracted to it. But I don't need anyone's light to shine my way.

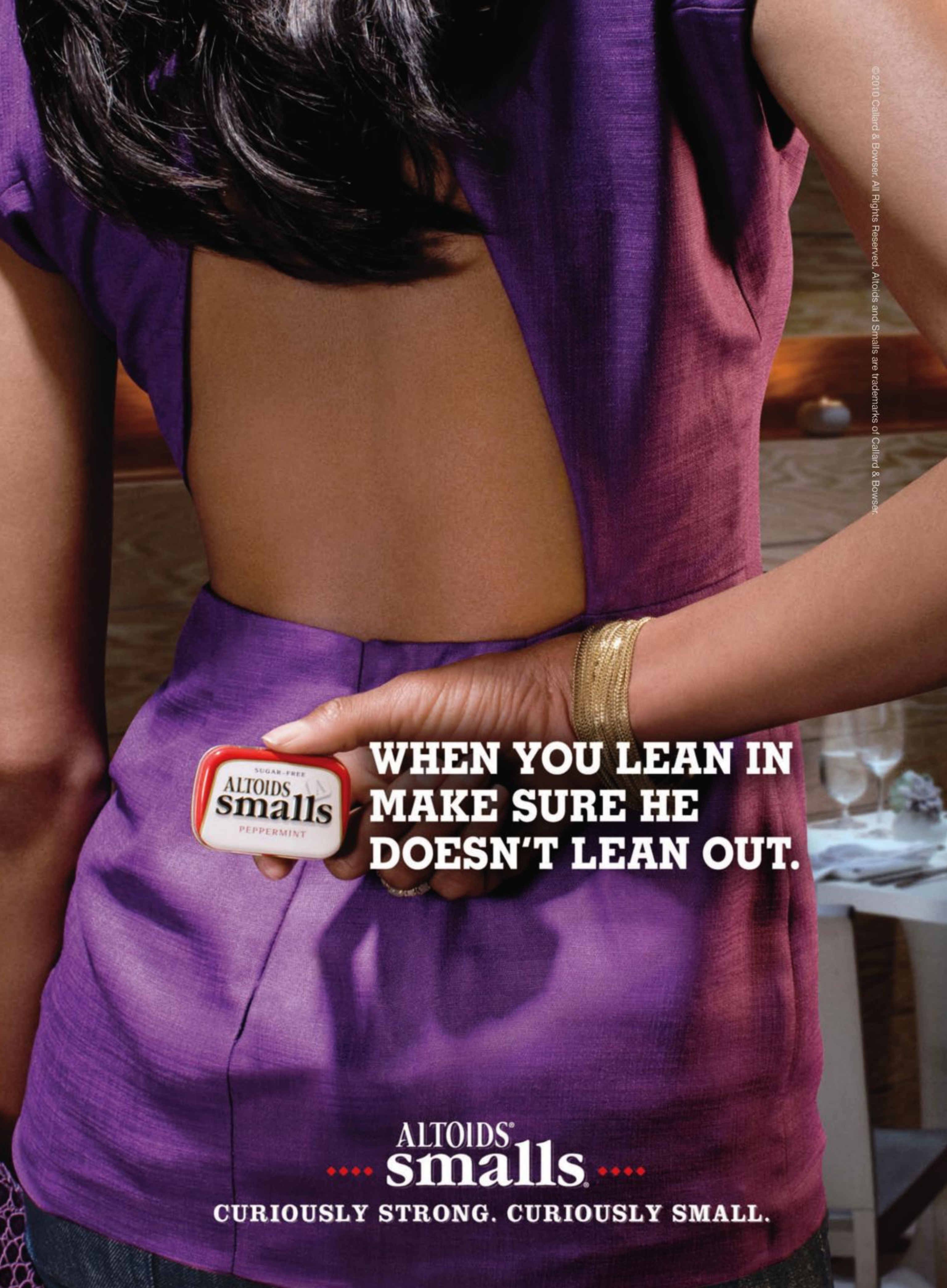
I know the person I want to be, and that's the only thing I compare myself to. For instance, I try not to take anything for granted, try not to be a hater, try to live my life with good intentions…and ultimately, try to be a good person. If I can do that, then really, I've won no matter what happens.

……

Live the Life You'd Be Envious of If You Saw Someone Else Living It

This is my personal mantra. Whenever I'm going through a difficult time, like a breakup, and I'm wishing to be the person who could get over it and move on, I tell myself just to *be* that person. Instead of waiting to be inspired by someone else and being jealous that

Brian van der Brug/*Los Angeles Times*/Contour by Getty Images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they're living a life I wish I had, I tell myself not to wait for that moment and to start being the person I want to be.

If you wish you were the woman who went for that big promotion, learned a second language, dumped that guy who cheated on you, then just *be* that person. Think *If I have the energy to wish for it, I have the energy to do it*.

* * *

If You Don't Know Your Worth, How Will Anyone Else?

At an audition in 2006, I made a decision that changed the course of my life. As actors, we often go into auditions with the mentality of "Just tell me how you want me to do this. Whatever you want, just give me the part." But then I've lost the one thing I have that no one else has: myself—my history, my sense of humor, my cadence. If I lose that, what's left to set me apart?

I told myself to do the audition just the way I would do it without any fear or need to please. If it didn't work, I wouldn't do it again. But why not try? It's not like the other way had been working so great. That audition was for my career-changing job at G4. And once I saw that it worked, I never went back.

I learned that I couldn't determine my worth based on what job I get or guy I date. I have to know my worth without the outside affirmations. How will the world know you're worth it if you don't?

* * *

Realize When *You're* the Bitch

Do you want your daughter to grow up to be smart and beautiful, or do you want her to be smart and ugly? Because clearly, you can't have both. Well, as much as some people want to believe that and have put me in the center of such a debate, I just won't subscribe to that antiquated notion. One reason I think stereotypes are perpetuated is because they make people feel comfortable…especially the ones women give themselves.

When women tear down other women, we're creating ceilings where they don't need to be. There are enough elements in this world trying to stifle our growth as females that adding to it is simply self-destructive.

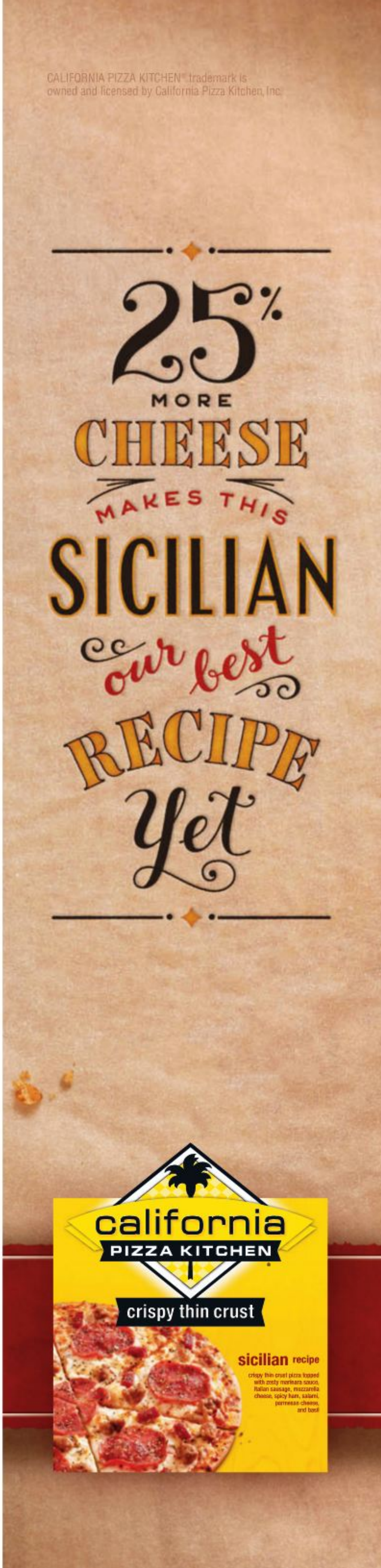
I grew up with a stepfather telling me I wasn't smart enough or pretty enough to accomplish my dreams. I was reaching for the stars, and he detested me for daring to reach that high. I remember at 8 years old thinking to myself, *Just because you couldn't make your dreams come true, doesn't mean I'm not allowed to go for mine*.

The energy it takes to hate someone takes away from the time you could be building yourself up. Maybe the thought is that with the competition dead, by default your mediocrity will have to be good enough and, in turn, you win.…With that kind of mentality, I guarantee you that you'll never win.

* * *

Love Getting Older… Because Really, What's the Alternative?

I cohosted *The Today Show* with Hoda a few months ago, and she asked me my age on live television—a big no-no in life and an even bigger one on national television. But I don't think women should be ashamed about their age. That anxiety is wasted energy. I can't control the day I was born. All I can do is take care of myself—take care of my body, skin, mind. The generation of actresses like Jennifer Aniston, Leslie Mann, and Halle Berry gives aging a pretty fucking sexy appeal. If I stop having birthdays, stop getting older…well, I guess that means I'm dead. And if getting older is part of the game I signed up for, then I have no problem telling you I'm 31. How old are you? ■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Getting What You Want

Meet Cosmo's new fun, fearless mentor, Mika Brzezinski. She's the cohost of *Morning Joe* and a best-selling author. Her latest book is *Knowing Your Value.*

Q. Does career always have to come first to succeed, or can you dial back at times?

I'm turning to some great advice I once heard from Sheryl Sandberg, COO of Facebook. She explained that women tend to think about how to dial back and fit it all in. But you know what? Instead, we have to dial forward. There are going to be times in your career that call for you to kick into high gear and do many things at once. Your schedule won't be perfect, and it'll be tricky to juggle. But that's life. When I got a call from a network to work incredible hours while raising toddlers at the same time, I made the choice to dial forward because I wanted to be able to enjoy my kids and pay for their college someday. I am there now but wouldn't be if I hadn't kept all cylinders grinding.

Q. Say you've clashed with someone important—can you start over or is it doomed?

A. Oh, good lord—you can always start over! Such a female question. Men do it every day. They'll have a knockdown fight with their bosses then talk baseball in the course of five minutes. You can break the ice with a joke: "Hello, awkward?!?!" Or just conduct yourself with poise and self-respect in your posture, tone, and attitude, and others will move on with you.

Q. Do you have any tips for when you feel overwhelmed with work?

A. I often will opt out on family time and focus on getting through the work part. What I found to be disastrous is to try to jam in time with my husband and kids—in your case, it might be a boyfriend or friends—when my mind is elsewhere. Ultimately, it's all for the greater good. Sometimes, you need to prioritize and backburner other parts of your life so you're not adding to the load.

Q. When did you take a big risk, and how did you know it was worth taking?

A. When I was offered the chance to join Joe Scarborough on his new morning show, everyone in the business told me to stay away from *Morning Joe*. But I had a gut feeling it was worth a try. People warned me that he took too many risks and didn't follow rules. Yet there was this echo in my mind that said "but that's exactly what this business needs." Within the first minute on air, I knew I had made the correct call.

Q. You always hear about how important a mentor is in work, but how do you find one?

A. These are relationships that evolve organically and usually where you least expect them. It's not necessarily the obvious person, like a boss. In fact, I'd be very wary of latching onto anyone too soon and forcing it. A good relationship will happen naturally and will develop over time.

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* IRI INFOSCAN 52 WEEKS ENDING APRIL 2011 F/D/Mx

Legal Notice

If You Received an Unsolicited Text Message Advertisement,

You Could Get Up to $100 from a Class Action Settlement.

A Settlement has been reached in a class action lawsuit about whether mobile ad company B2Mobile sent text ads to consumers without receiving explicit consent to do so and whether some of those text ads were sent on behalf of lead-generation company LeadClick Media. B2Mobile and LeadClick Media are referred to as the "Defendants."

Who's Included?

You are included if you live in the U.S. or its territories and you received a text message that was transmitted by or on behalf of the Defendants without your prior express consent. The text messages involved either came from the shortened phone number "77893" or contained a website link, such as: 1500cashasap.com, offerspotusa.com, myauto411.com, usauto101.com, topcash88.com, car499.com, topcash1500.com, jumpoffer.com, myedu411.com, jobsusa411.com, and homesusa911.com. A complete list of website links is available at www.TextAdClass.com.

What Can You Get?

Defendants have created two Settlement Funds totaling $12.2 million, made up of a $10 million LeadClick Settlement Fund and a $2.2 million B2Mobile Settlement Fund. If you qualify, you may be eligible for a payment up to $100. The actual amount of payments will be based on the number of valid claim forms received. If payments are calculated to be less than $5 for each Class Member the money will be donated to charity. The Settlement also requires Defendants to change their business practices to make sure people who wish to receive text messages properly consent. The Settlement allows Class Members to remove their cell phone numbers from any list or database of numbers to which text messages could be sent on or on behalf of Defendants.

How to Get Benefits?

You will need to submit a Claim Form to get benefits. You can submit a Claim Form online or by mail. The current deadline to submit a Claim Form is **March 12, 2012**. One claim per household.

Your Other Rights.

If you do nothing, your rights will be affected. If you do not want to be legally bound by the Settlement, you must exclude yourself from the Settlement. The deadline to exclude yourself is **December 30, 2011**. If you do not exclude yourself you will not be able to sue the Defendants for any claim relating to the lawsuit. If you stay in the Settlement, you may object to it by **December 30, 2011**. The Court appointed attorneys at Edelson McGuire LLC to represent you. A hearing will be held on **January 26, 2012** to consider whether to approve the Settlement and a request for attorneys' fees up to $3.05 million. You can appear at the hearing, but you don't have to. You can hire your own attorney, at your own expense, to appear or speak for you at the hearing.

For more information or a Claim Form:

1-866-591-7263 www.TextAdClass.com

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Bitch It Out!

When rude, obnoxious, or just plain ludicrous situations work your last nerve, there's only one thing to do: Vent here!

Actual Photo

WHY, JUST MAKE YOURSELVES AT HOME!

"My husband and I were running errands and heard snoring in the store. We looked up to see this couple legit sleeping in the outdoor furniture area. We were so perplexed as to how they could actually fall asleep like that in daylight in the middle of the store." *—Janese, 32*

BITCH TIP

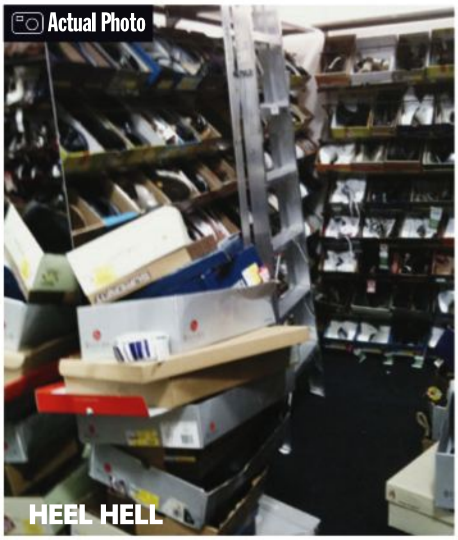
Ever sat there rolling your eyes as a text-addicted friend spends a dinner date with her thumbs glued to her cell? The next time she picks up the phone while you're supposed to be catching up, text her, "I might as well be out to eat by myself, LOL!" It gets the message across in a nonconfrontational way.

SOURCE: AMY ALKON, AUTHOR OF *I SEE RUDE PEOPLE*

Actual Photo
NOVEMBER
WEDNESDAY
3
4
7
8
9
10
14
15
16
17
18

OVERSHARE OF THE YEAR

"My coworker tracks her period on our communal company calendar. Talk about TMI! The red dot—not very subtle, hon." *—Nicole, 22*



HEEL HELL

"Finding size-11 shoes is hard enough. I shouldn't have to fight through a pile of garbage to look at the stock!" *—April, 22*

Actual Photo

NOT WHAT THE DOCTOR ORDERED

"I know some say it's okay to drink a little when pregnant, but this pregnant lady was not only taking part in the tasting—she also bought three bottles when it was over!" *—Ashley, 26*

Courtesy of contributor (4)

Annoyed beyond belief? Log on to share your pet peeve (and photo). If we print your shot, we'll give you $50. COSMOPOLITAN.COM/BITCH-IT-OUT

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SHINE
THE NEW FRAGRANCE BY HEIDI KLUM
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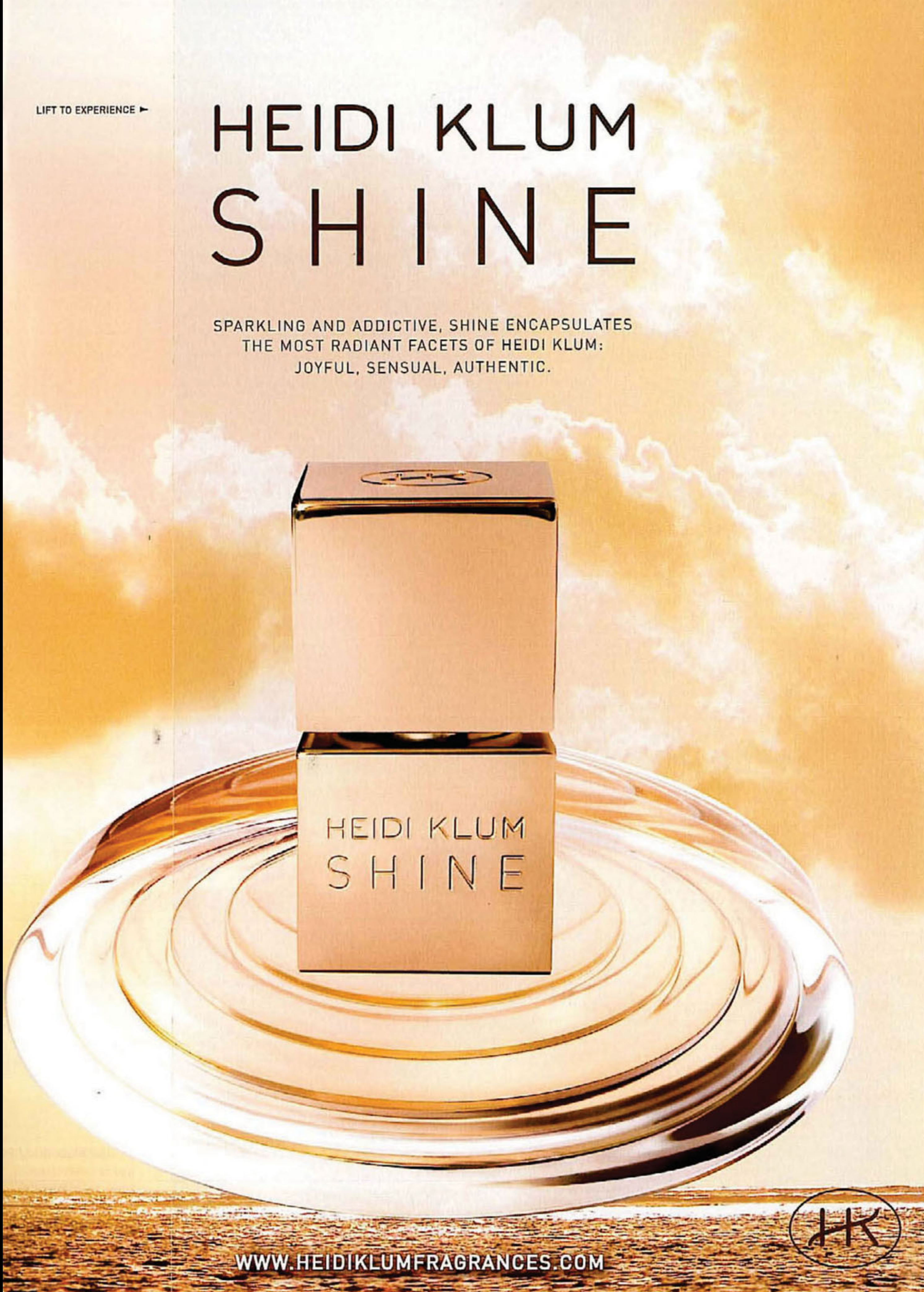
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Model is wearing Lash #110

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itchy scalp care
conditioner
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Alyson Hannigan urges you to step away from the sharp objects. Because there's a better way to relieve scalp itch. Head & Shoulders® Itchy Scalp Care with Eucalyptus. It immediately soothes that itchy scalp and with regular use keeps the protection going between washes. So you can ditch the itch, and get seriously beautiful hair.

Sexy, Shameless Tricks for Fall

You love our Shameless Tricks columns, so this month, we decided to blow it out with a special section full of cool, sneaky tips. Try them all, and stash the tear-out cards in your bag so you can whip out the info whenever.

An evening so fab, it needs two Facebook albums to do it justice

Genius Way to Make Over Your Pad

The industrial-chic look is hot. But the prices at Restoration Hardware, which has the style down, are heart-attack inducing. We discovered a clever shortcut: crackle paint. It costs less than $20, and one coat will transform a blah bookcase into a rustic statement piece.

Budget Fun With Your Guy

There are so many cool outdoor activities this time of year, but some can do wallet damage. That's where zozi.com comes in. It's kind of like a Groupon for adrenaline junkies, with deals on everything from kayaking to bike rentals.

VIP Girls' Night

» The Outfit

When you rent a dress from renttherunway.com (they have luxe labels for $50), you have the option to rent a second, backup dress for $25. Do it, pass it along to a friend who wears your size, and split the cost.

» Your Makeup

Lifebooker has deals for makeup packages for bridal parties. They're typically $50 to $75—split several ways, it's so reasonable. Schedule the appointment for a Saturday afternoon, have someone slip on an "engagement" ring, and get pampered by a pro.

» A-List Treatment

Call and reserve a few tables at a club. Most places will rope off a small area for free as long as you bring enough bodies to fill it. (Plus, they'll usually put you on the guest list, so you can skip the line.)

Fake a Postsex Glow

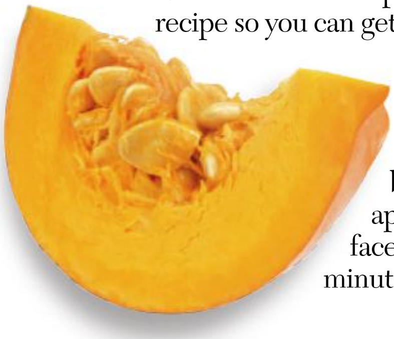
This trick (stolen from fall runways) gives a naughty flush: Swipe pink blush in a C shape, starting at your temples and going around the tail of your brow then along the upper half of your cheekbone.

Score New Jeans for Cheap

Retailers get their first fall delivery in August. By October, the second batch has arrived, so the first wave goes on sale, making the beginning of the month the best time to shop for a pair.

(Models) CHRIS CLINTON. (Bike) istockphoto.com. (Blush) SVEND LINDBAEK. (Jeans) KEVIN SWEENEY/STUDIO D.

Knock Off a Pro Facial



We "borrowed" a luxe spa's pumpkin-mask recipe so you can get the glowifying results for less cash. Mix an egg white with half a cup of canned pumpkin (it brightens skin), and apply it to your dry face. Remove after 10 minutes with a wet cloth.

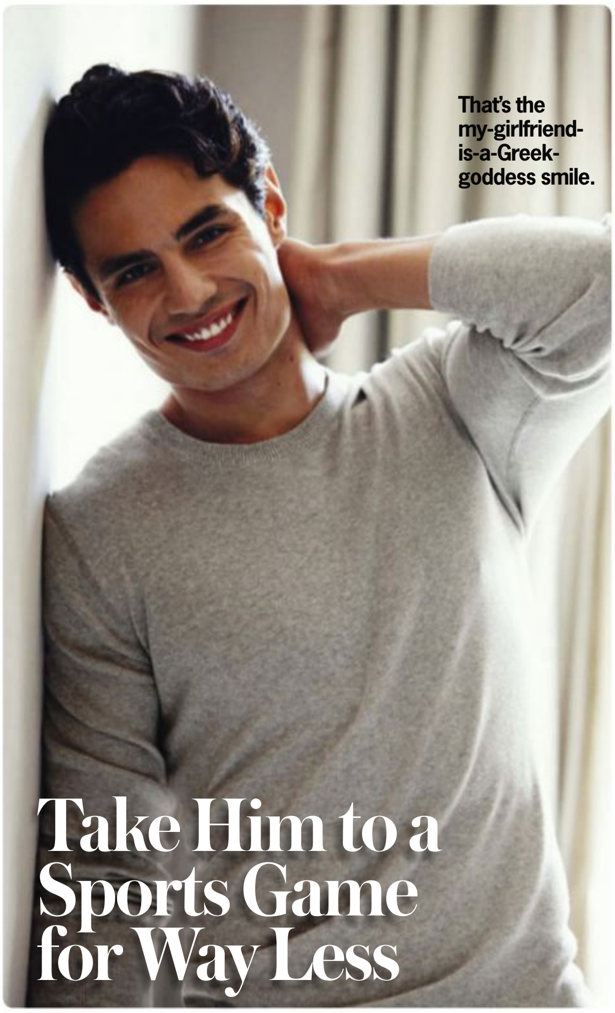
3 Secrets to a Low-Cost Dinner Date

- **When a new restaurant pops up in your area, stop in and ask the manager about "trial nights." Most places have a practice run prior to the real opening. The menu may be limited, but nothing tastes better than free.**
- **Download the Local Eats App, which narrows down the best locally run restaurants (read: no chains) in your area and clues you in to the discounts and mobile coupons they're currently offering.**
- **Eat like a Euro. The same way many restaurants feature early-bird specials, turns out, they also offer discounts for dining late (usually after 10 p.m.), since it's considered "off peak" hours.**

Get a Bargain on Designer Stuff

There is nothing sadder than logging on to a sample sale and falling in love with an insanely discounted fall handbag…only to discover that it sold out in 20 seconds. Flash-sale sites like gilt.com and hautelook.com are becoming supercompetitive (reps from both companies say their sales have increased by more than 50 percent in the past year), so use this trick: Sign in early, and hit refresh the moment the sale starts. Then shop by scrolling from the bottom up (most people view the sale top-down).

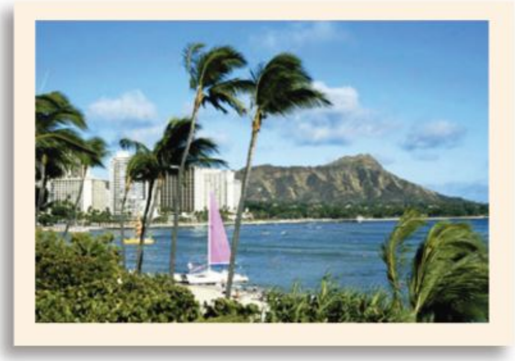
SOURCES: KERRY BENNETT, VP OF MARKETING COMMUNICATIONS AT HAUTELOOK; EILEEN BISCHOFF, SKIN-CARE EXPERT AT EVE SALON, IN NEW YORK CITY; TANYA MEMME, HOST OF A&E'S *SELL THIS HOUSE*; KRISTINA SISUL, BUYER FOR NATIONALJEANSCOMPANY.COM; ALEXANDRA WILKIS WILSON, FOUNDER AND CHIEF MERCHANDISING OFFICER OF GILT GROUPE



That's the my-girlfriend-is-a-Greek-goddess smile.

Take Him to a Sports Game for Way Less

Seatgeek.com analyzes a ton of factors about the football or baseball team you're interested in (record, schedule, venue, etc.) then tells you the best time to buy tickets from resale sites like StubHub and eBay to get them at their cheapest.



Sweet Vacation Deals

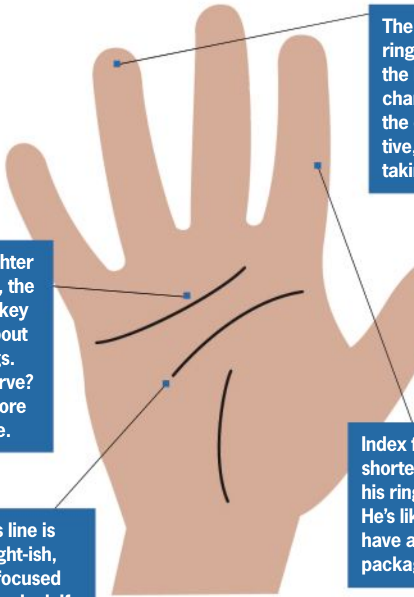
October is a popular travel month, but you can snag unbeatable rates on airfare if you book your flight on bing.com/travel. The site offers price predictions, so you know whether to buy now or if it's going to be even cheaper in a couple of days—most customers save about $50.

—JESSICA KNOLL, KELLY THORE, MARTA TOPRAN, AND STEFANIE TUDER

(Pumpkin) fotolia.com. (Model) **CHRIS CLINTON.** Assistant fashion editor: Jennifer Steele. Hair: Bryce Scarlett for artistsbytimothypriano.com. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Shirt: Gap. (Bag) **JESUS AYALA/STUDIO D.** (Island) The Image Bank/Getty Images. See page 258 for shopping information.

Size Him Up by His Hands

Tell him you want to test out a cool palm-reading trick (hey, it's not a lie). Then, while you're investigating, feed him some BS like "*Hmm*…your deep lines indicate intelligence."



The longer his ring finger is, the higher the chance he's the competitive, risk-taking type.

The straighter this line is, the more low-key he'll be about his feelings. Does it curve? He'll be more expressive.

Index finger shorter than his ring finger? He's likely to have a bigger package.

If this line is straight-ish, he's focused and logical. If it's curved, he's an intuitive, emotional thinker.

SOURCES: *ASIAN JOURNAL OF ANDROLOGY* STUDY; CONCORDIA UNIVERSITY STUDY; HAND ANALYST ROBIN GILE, AUTHOR OF *THE COMPLETE IDIOT'S GUIDE TO PALMISTRY*; HAND ANALYST RICHARD UNGER, AUTHOR OF *LIFEPRINTS*

Steal This Sexy Runway Trend

The season's most seductive statement piece: lace. Flip the card to DIY without anyone knowing you didn't shell out for designer goods.

Work Magic on Anyone

Use a genius tactic called mirroring (when you subtly copy a person's behaviors) and, suddenly, the person you're talking to will be totally wowed.

» Mimic their posture.

Take note of how the person is sitting or standing, and do the same (just wait a beat, so it doesn't seem contrived). You'll send the subconscious message that you're in sync, which will make him feel more open and empathetic to you.

» Talk like them.

Everybody has one sense they're most attuned to, which they reveal while talking. See if the person says things like "I've seen more of this," "I've heard about this," or "I feel that…" Then match your response to theirs: "I see what you mean," "I hear you," or "You touch on a good point."

» Get the upper hand.

Observe which side is his dominant one, and when you want to persuade him of something, gesture with that hand. A recent study revealed that people associate good things with their stronger side.

SOURCE: MARCO IACOBONI, PHD, AUTHOR OF *MIRRORING PEOPLE: THE NEW SCIENCE OF HOW WE CONNECT WITH OTHERS*; STANFORD UNIVERSITY STUDY

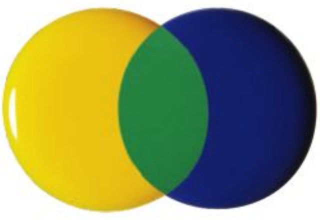
Fake Fall's Hottest Nail Polishes

While everyone else is dropping $$$ for new shades, Lisa Logan, manicurist for Beyoncé, shows how to mix last year's hues to make new ones—just pour both into a bottle, and shake.

Magenta and black make a deep purple,
like OPI Nail Lacquer in Russian Navy, $8.50.

Lilac and silver glitter make a sparkly neutral,
like Revlon Nail Enamel in Starry Pink, $4.79.

Greige and silver make a rocklike metallic,
like Chanel Le Vernis in Quartz, $25.



Yellow and navy blue make a pine green,
like Orly Nail Lacquer in Lucky Duck, $7.50.

(Illustration) ANDERS WENNGREN. (Runway) firstview.com. (Nail polishes) CHRISTOPHER COPPOLA/STUDIO D. Stylist: Julie Flynn for Faucher Artists.

Grab your basic gray V-neck, a black pencil skirt, and two spools of lace—one with a scalloped edge and one with a straight edge (which you can find at any fabric store).

Glamify Your Favorite Tee
Cut enough straight-edge lace to trim the entire neckline, then use fabric glue to attach it to the inside of the collar, letting about an inch peek out.

Sex Up Your Skirt
Cut enough scalloped lace to line the bottom. Apply fabric glue to the straight edge of the lace, and press along the inside of the hem, letting an inch and a half show.

Cheap, Cheesy Dips Your Party Crowd Will Go Wild For

These apps take zero effort to put together but look and taste mysteriously fancy. All you need is an 8-ounce tub of cream cheese for each and the ingredients below, and you'll get three totally different, delicious combos.

Cream cheese

+

1 small jar of strawberry preserves

=

A dessert-y dip that'll taste so good with shortbread cookies

Cream cheese

+

1 tablespoon of basil pesto

=

A savory dip that's perfect with crackers or veggies

Cream cheese

+

1 small jar of salsa

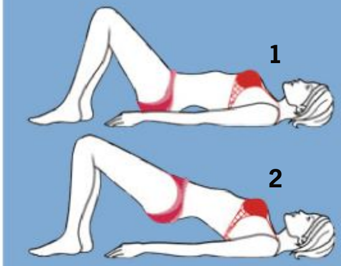
=

A spicy dip to serve with chips

SOURCE: CLAIRE ROBINSON, HOST OF FOOD NETWORK'S *5 INGREDIENT FIX*

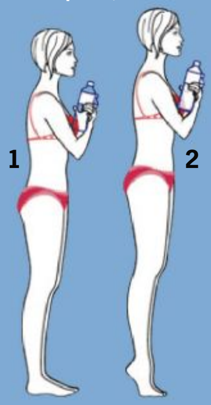
Look Tight and Toned in 90 Seconds

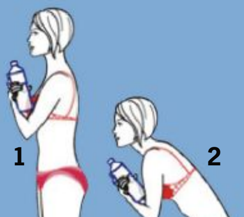
Before you slip on your skinnies, do each of these moves for 30 seconds to activate the bundles of muscle fibers beneath your skin, making your butt and legs appear firmer for up to three hours.



▲BRIDGE
Lie on your back with your knees bent and feet flat. Raise your hips up, squeeze your butt, and hold.

TIPTOE SHAPER ▼
Grab two water bottles, and cross your forearms against your chest. Stand with your feet together, lift your heels so that you're on tiptoes, and hold.





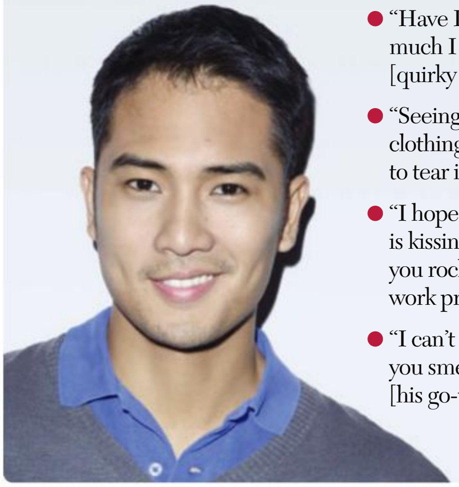
◀SEXY-BOOTY SQUAT
Hold the water bottles the same way as above. With your feet shoulder-width apart, lower down into a squat with knees bent at 90 degrees, and hold.

SOURCE: CELEBRITY TRAINER JOEY GONZALEZ, COO OF BARRY'S BOOTCAMP

The ~~Lazy~~ Good Girlfriend's Cheat Sheet

Experts say to compliment your guy five times a day to stay tight. Since that's a lot, we've created these fill-in-the-blank lines to use whenever you want to stroke his ego.

- "Watching you [whatever he's doing with his hands] reminds me how great you are with your fingers...."
- "You're like the Derek Jeter of [his big hobby]."
- "You make me smile more than [his fave comedian]."
- "Yum. Your [nonsexual body part] is so sexy."
- "You have such a good handle on [current event]. I'd love to hear more."
- "I've never had anyone do [whatever he just did in bed] before."
- "Have I told you how much I love when you [quirky habit]?"
- "Seeing you in [item of clothing] makes me want to tear it right off."
- "I hope [name of his boss] is kissing your ass, since you rocked that [whatever work project]."
- "I can't get enough of how you smell—it's better than [his go-to cologne]."



(Shirt) **KEVIN SWEENEY/STUDIO D.** (Skirt) **DAVID LAWRENCE.** (Lace on left) Ruslan Kudrin/Alamy. (Lace on right) fotolia.com. (Illustrations) **CYBÈLE/WALKCYCLE.COM.** (Fabric backgrounds) fotolia.com. (Cream cheese) **CHRISTOPHER COPPOLA/STUDIO D.** (Preserves) Ian Francis/Alamy. (Pesto) Bon Appetit/Alamy. (Salsa) PhotoDisc/Getty Images. (Male model) **BUTCH HOGAN.** Stylist: Julie Flynn for Faucher Artists.

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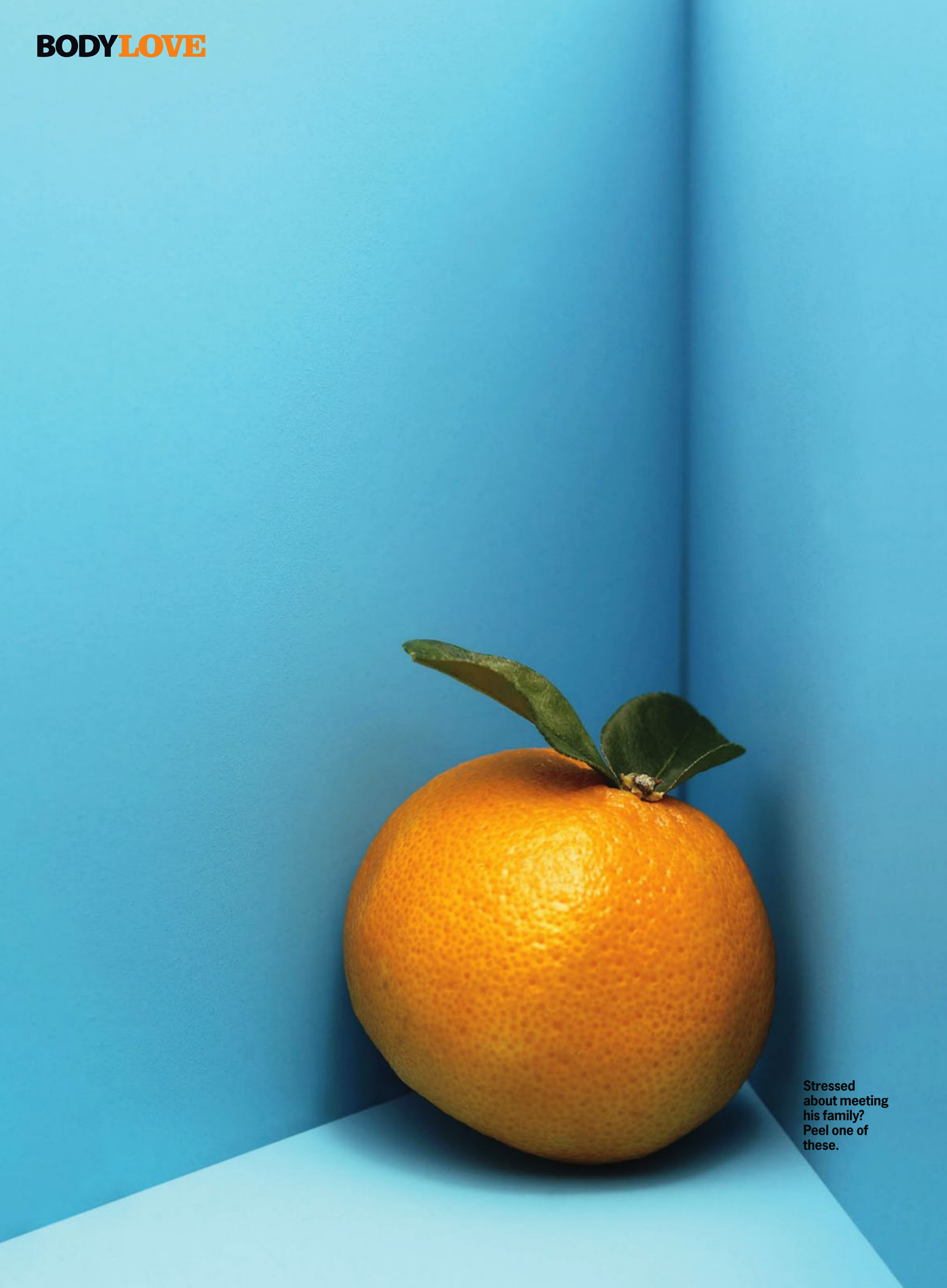

Stressed about meeting his family? Peel one of these.

9 Foods That Boost Your Mood

Research has homed in on snacks that actually change how you feel… and not only because they help you slide into a pair of jeggings. The nibbles here will load you up with confidence, get you horny, and more.

By Anna Davies

When you're stressed or annoyed, it's tempting to raid the vending machine or grab greasy takeout for a mood lift. And that's not your fault: According to a new study from the University of California at Irvine, fatty stuff like chips and fries triggers the production of marijuana-like chemicals in the body, making them nearly impossible to resist. Luckily, there are better options than curly fries. The bites below are proven to have a positive effect on mood almost as soon as you eat them.

If You Want to…	Eat This	Why It Works
Impress your boss at a meeting	**A salmon salad**	Salmon contains omega-3 acids, the "good fats" that are essential in supporting brain function by increasing memory. Pair your salmon with walnuts (another omega-3 source) and spinach (its magnesium content may lower stress levels).
Have toe-curling sex	**Watermelon**	Dark chocolate isn't the only sweet aphrodisiac out there. Watermelon contains the compound arginine, an amino acid that increases nitric oxide in your blood, causing your vessels to relax and more blood to flow to your genitals.
Feel less grouchy in the a.m.	**A bowl of oatmeal or an English muffin**	Complex carbs induce your body to jack up levels of the feel-good neurotransmitter serotonin. For maximum impact, nutritionists recommend steel-cut oatmeal (eaten plain or sweetened with honey or agave) or a whole-grain muffin.
Kick ass during your cardio sesh	**A handful of almonds**	Folate, tyrosine, magnesium, and antioxidants…almonds are as stuffed with nutrients as your underwear drawer is with lingerie, and that's why they're one of nutritionists' favorite sources for energy. Chow on 15 half an hour before the gym.
Fight the urge to snap at your roomie	**Guacamole**	Dig into this cranky-crushing dip before you bitch her out for tracking bread crumbs in the communal butter. Low levels of B vitamins lead to irritability, and tomatoes and avocados are both rich with B-complex vitamins, which calm you.
Get a second wind before a night out	**A serving of edamame**	Just half a cup is packed with protein—key for rallying—and contains 10 percent of your daily iron dose (low iron is linked to fatigue). Added bonus: Soy contains molybdenum, a mineral that's been shown to enhance concentration.
Make his parents love you	**An orange or a cup of orange juice**	Think of OJ as a social lubricant that doesn't come with a hangover the way champagne does. Vitamin C has been shown in a number of studies to decrease the stress hormone cortisol in the blood.
Perk yourself up after a few late nights	**A turkey wrap**	Turkey has a rep for making people feel zonked, but experts say it actually has the opposite effect: It's rich in the amino acid tyrosine, which heightens levels of dopamine and norepinephrine, two neurotransmitters that make you feel alert.
Remember where the eff you put your cell	**Blueberries**	Not only are blueberries rich in antioxidants, which protect the brain from damaging free radicals, but research also suggests their flavonoids can improve memory. Aim for a serving (about half a cup) a day, either fresh or frozen.

Taxi/Getty Images

SOURCES: HYLA CASS, MD, AUTHOR OF *8 WEEKS TO VIBRANT HEALTH*; STEPHANIE MIDDLEBERG, RD; TRUDY SCOTT, CN, AUTHOR OF *THE ANTI-ANXIETY FOOD SOLUTION*; ELIZABETH SOMER, RD, AUTHOR OF *EAT YOUR WAY TO HAPPINESS*

Your Inner Thighs, Toned and Sexy—*Now*

Tighten up this jiggle-prone body
part in four easy moves!

Fit in 6 Minutes

CHART YOUR PROGRESS
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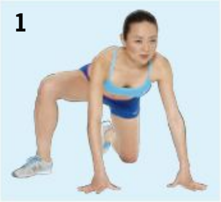
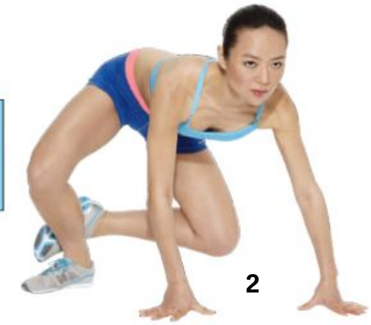


LEFT	RIGHT
○	○
20 REPS	20 REPS

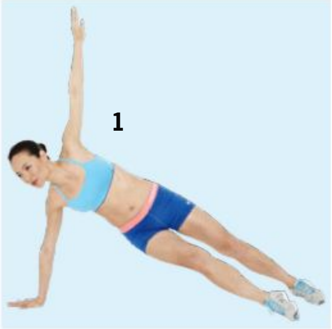


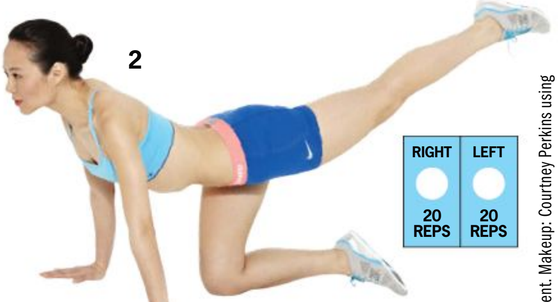
Ankle Tap

(1) Start on your hands and knees, and plant your right foot on the ground, halfway between your hip and shoulder. Turn out your foot, so your inner thigh faces front. **(2)** Lift your left knee, and touch the inside of your left ankle to your right calf. Return to start. That's one rep; do 20, and switch sides.

Double-Leg Blaster

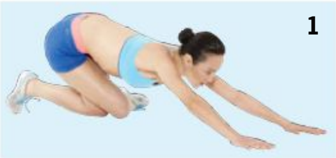
(1) Begin in a one-leg side plank, with your right arm underneath your shoulder and in line with your left arm, which is extended up. Your left foot is on the ground, and your right foot is lifted a few inches and slightly toward the front. **(2)** Rotate your body so that your chest faces the floor, and place your left hand and right knee on the ground. Lift your left leg. Return to start. That's one rep; do 20, and switch sides.

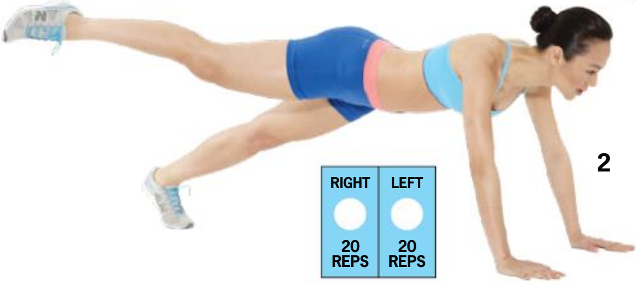




RIGHT	LEFT
○	○
20 REPS	20 REPS

> **LESS IS BEST**
> Do a max of 20 reps on each side for these exercises—if you work your inner thighs too much, you'll add bulk instead of slim down.

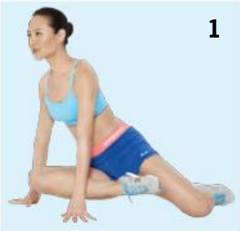




RIGHT	LEFT
○	○
20 REPS	20 REPS

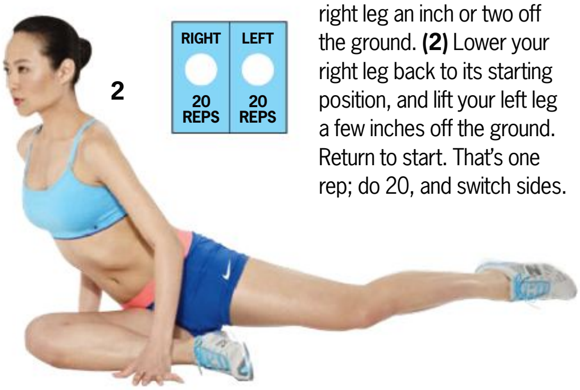
Pretzel Plank

(1) Start in a kneeling position. Cross your right leg over your left and lean forward, stretching your arms in front of you. **(2)** Unwrap your right leg, and push yourself up into a one-leg plank, right leg extended. Return to start. That's one rep; do 20, and switch sides.



Thigh Trimmer

(1) Sit with your left leg behind you, knee bent. Bend your right leg in front of you, hands planted on the floor on either side. Shift your weight onto your hands, and lift your right leg an inch or two off the ground. **(2)** Lower your right leg back to its starting position, and lift your left leg a few inches off the ground. Return to start. That's one rep; do 20, and switch sides.



RIGHT	LEFT
○	○
20 REPS	20 REPS

Meet Your Trainer Tracy Anderson is a top fitness guru who helps A-listers like Kate Hudson and Gwyneth Paltrow sculpt a lean, sexy figure. Check out her new book, *Tracy Anderson's 30-Day Method.*

CHRIS ECKERT/STUDIO D. Fashion editor: Charles Manning. Hair: Yoichi Tomizawa at See Management. Makeup: Courtney Perkins using MAC Cosmetics. Yuko Wada at Mark Edward Inc. Sports bra: Champion; shorts: Nike; sneakers: New Balance. (Anderson) Miranda Penn Turin.

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THE DEADLY MISTAKE MORE WOMEN ARE MAKING

We've all seen endless evidence that driving drunk is a sure way to kill somebody (including yourself), so why are increasing numbers of women hitting bars and then getting behind the wheel? Cosmo investigates the dangerous trend.

By Stephanie Booth

Caitlin Braun spent last May 16 serving drinks at a posh golf tournament near her home in Columbia, South Carolina. Hired as a hostess by a beverage company, the pretty 24-year-old's job was to encourage golfers to sample vodka cocktails. At some point, Caitlin, possibly influenced by those indulging around her, began sipping cocktails too. When her shift ended close to 8 p.m., she got into her car to drive home.

On a winding two-lane road with a speed limit of 35 mph, Caitlin's speedometer was hitting about 65. As she drove in a tipsy haze, her Nissan drifted into oncoming traffic, smashing head-on into another car, according to police.

Although rescuers needed to cut Caitlin from the wreckage, she suffered only moderate injuries. The occupants of the other car, however, weren't so lucky. The driver, a 33-year-old man, was severely hurt. His 4-year-old daughter was killed.

A Breathalyzer test revealed Caitlin's blood-alcohol level was .29—nearly four times the legal limit of .08. A college graduate who'd always had a clean record, she now faces two counts of felony DUI. If convicted, she could spend 40 years in prison.

"Don't drink and drive" is a message drilled into our heads early on. So why did Caitlin—and increasing numbers of

ERIC RAY DAVIDSON. Assistant fashion editor: Jennifer Steele. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Courtnay Cain Saunders. Dress: Leyendecker.

Cars and cocktails: A deadly combo too many women are taking lightly young women like her—make the lethal decision to get behind the wheel when she should have realized she was too trashed?

CAITLIN BRAUN, 24

Her car allegedly drifted into traffic, and a little girl was killed.

It's a question being asked more and more these days in light of some alarming statistics. According to a 2009 Crime in the United States report by the Federal Bureau of Investigation, the number of DUIs charged to females skyrocketed more than 30 percent between 2000 and 2009, while the number of men charged actually dropped by 11 percent. The National Highway Traffic Safety Administration also reported that more than 1,500 highway fatalities each year are caused by women whose blood-alcohol levels exceed the legal limit.

A recent Cosmo web poll further reveals that female drunk driving is a pervasive problem. Forty percent of respondents copped to doing it at least once—12 percent admitted they've driven under the influence more than five times. And half say they have female friends who regularly get behind the wheel with booze in their system.

"The rise in women driving while intoxicated is due in part to changes in the way women use alcohol. It's now socially acceptable for them to drink to get drunk, and there are more opportunities to do it," says Sharon Wilsnack, PhD, a professor of clinical neuroscience at the University of North Dakota School of Medicine and Health Sciences who studies female drinking. Combine that with the fact that the more you imbibe, the more messed up your judgment becomes, and it's no wonder that so many 20- and 30somethings are hitting the bottle…and then hitting the road.

If you think drunk driving is something you would never do, read our report below to see just how easy it is to make this dangerous, often fatal mistake.

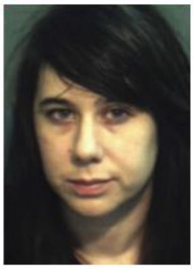
Harder, Heavier Drinking

Although many women in earlier generations enjoyed a buzz, studies show that today's 20- and 30somethings are drinking harder and more frequently than ever.

According to the National Institute on Alcohol Abuse and Alcoholism, more 20- and 30something women say they imbibe "moderately" (downing four to seven drinks a week) than did in the 1990s, and the percentage of 18- to 24-year-old women who say they drink "heavily" (more than one drink a day) has doubled since then. Binge drinking—more than four drinks in one sitting—has also risen dramatically among women in the past 30 years, even increasing a whopping 40 percent for women 21 to 23, according to researchers from Washington University School of Medicine, in Saint Louis, who analyzed data from the National Survey on Drug Use and Health.

Experts generally agree that women drinking to get drunk are often triggered by the intense stress they're currently under. Think about what you and your friends face: work demands in a stalled job market, social pressure to date and find The One, and financial baggage such as student loans.

"At the end of the hectic workday or to cope with a breakup, doing shots or treating yourself to several glasses of wine is an easy, legal way to destress," says Kathryn Cunningham, PhD, director of the Center for Addiction Research at the University of Texas Medical Branch, in Galveston.



ALLISON CHAMBLISS, 25

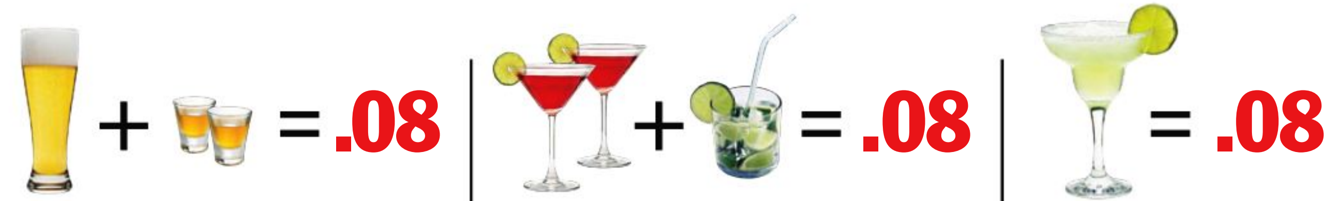
So drunk, she allegedly didn't know she'd crashed into her boyfriend's bike.

Not only is it no longer taboo to pound back alcohol, a big part of your social life may revolve around drinking establishments. Bars, restaurants, and clubs are increasingly catering to young women, advertising cheap mimosa brunches, happy-hour cocktail specials, and other events for women looking to blow off steam.

Drink menus are also reflecting female cravings: First came the appletinis and pink cosmos; today, there are skinny (aka low-cal) cocktails and dessert shooters. "They sound light and

GOING OVER THE LIMIT

You'll be surprised by how little alcohol consumption it takes to reach the point where you can be booked on a DUI.



*Estimated blood-alcohol level of a 120-pound woman drinking over 2 hours but will vary per person; 4.5 percent alcohol by volume for beer, 1.5 ounces of liquor per cocktail harmless, but their sugary taste masks the fact that they're as potent as any drink," explains Soroya Bacchus, a Los Angeles psychiatrist specializing in addiction medicine.

Allison Chambliss, a 25-year-old veterinary assistant from Orlando, Florida, learned in disastrous circumstances that dessert concoctions can be deceptive. At a pub one night last June with her boyfriend, 20-year-old Jeremy Adams, Chambliss had four drinks, including a White Russian—a mix of vodka, cream, and coffee liqueur.

Leaving the bar at 2 a.m., Allison got into her SUV and planned to follow Jeremy, who was riding a motorcycle, to his house. On the way, Allison allegedly rear-ended Jeremy's bike, and he died from his injuries. She was charged with DUI manslaughter and pleaded not guilty. Allison is awaiting trial.

Why Smart Women Make a Stupid Choice

In 2007, 23-year-old Jill H. (she didn't want to reveal her full name) stayed late one evening at the Colorado restaurant where she waited tables to have drinks with her manager. At 3 a.m., Jill decided to take off. Home was 30 minutes away on an empty highway, and no taxis ran through the town.

"I couldn't think of anyone to call for a ride at that hour and the shots hadn't fully kicked in yet, so I convinced myself I was sober enough to drive myself home," explains Jill, now 27.

She wasn't. Soon after Jill left, she pulled over to the side of the road. Police lights flashed in her rearview mirror. Booked on drunk driving, she was sentenced to 30 days in jail and had her license revoked for one year. "The only way I can explain doing something so dumb is that the booze obscured how drunk I really was," she says today.

That's the tricky thing about alcohol: A drink or two can leave you feeling fearless enough to chat up strangers and flirt with your crush. But the dark side of that fearlessness is that it blinds you to how buzzed you are and tempts you to take risks, like driving home.

"Alcohol gives us a sense that we're more in control than we really are," says Paul Hokemeyer, PhD, a New York City psychotherapist who specializes in addiction. And it makes it easier to do something foolish—like convincing yourself it's too late to call a friend for a ride.

As Jill realized, liquor's time-lapse effect also leads you to think you're capable of operating a vehicle. "Your blood-alcohol level intensifies over time, and you'll likely feel less drunk when you're ready to take off for the night than you really are," says Jennifer Schwartz, PhD, associate professor of sociology at Washington State University. "Once you're on the road for 30 to 60 minutes, it begins to take its toll on your muscle control and reflexes."

Cosmo's drunk-driving poll backs this up. One of the top reasons respondents said they drove under the influence was that they didn't realize they were intoxicated until they were driving.

A less obvious factor that helps you subconsciously shut out the don't-drink-and-drive message is the parade of celebrities who rack up DUIs and appear to suffer few consequences—such as Khloé Kardashian and Jaime Pressly.

"When you see celebrities walk away from an accident without injuries or punishment, you internalize the message that driving drunk is not a big deal," says Hokemeyer. So when you're standing in a tavern parking lot trying to decide if you should chance it behind the wheel or not, the celeb factor may be enough to push you to take the risk.

Scary Drunk-Driving Stats

According to our cosmopolitan.com poll, a shocking percentage of women have taken this crazy risk.

40%
of respondents copped to driving while intoxicated at least once.

6%
admitted to doing it more than 10 times.

51%
chose as their excuse: "I live a short distance away and was confident I wouldn't crash."

68%
have had to stop a friend from driving drunk.

Stay Safe After Having Too Much

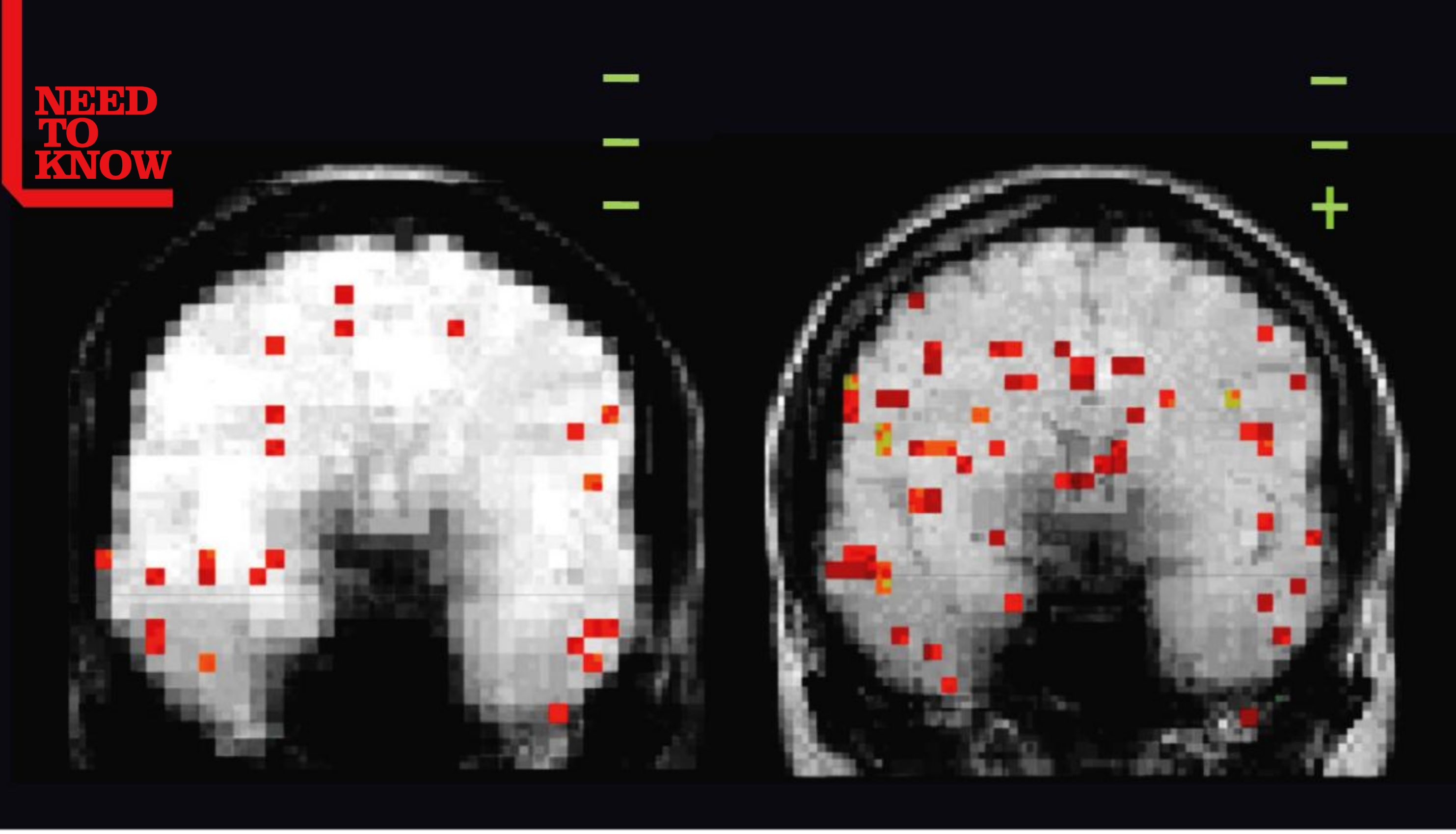
First, have a backup plan before you drive to happy hour or meet your girls at a local bar. Program a local taxi service's phone number into your cell, so choosing that option will be easy. Or make a deal with a friend that if she's the designated driver tonight, you'll repay the favor next weekend.

If driving yourself home really is your only choice, limit yourself to one or two drinks all evening, waiting an hour between the first and the second and another hour before you drive to give your system time to clear the alcohol. Sip on light beer or wine to avoid flooding your body with alcohol all at once. And indulge in high-fat or protein-rich chow, which slows the rate at which booze is absorbed, reducing its effects, says Dr. Bacchus.

What if you suck down too much and don't have a backup plan? Don't try to drive, and resist the urge to justify why it'll be okay this one time. Call a friend or your guy, and say you need someone to pick you up. Can't bear to bother them? Ask the bartender or restaurant manager to dial you a taxi.

You can also try calling 911 and explaining your predicament. The police aren't taxi services, but a dispatcher may send a patrol car over depending on the situation. It's embarrassing to have to explain your drunken state, true. But at least you'll be alive. ■

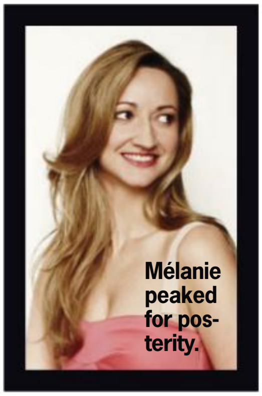
(Drinks, from left) istockphoto.com; fotolia.com (2); istockphoto.com (2); Samba Photo/Getty Images; fotolia.com.



"I Got Busy in a Sex Lab"

Scientists at Rutgers University are studying female arousal by having participants masturbate inside MRI machines. Our gutsy writer signed up to be their guinea pig and reveals all the bizarre details.

BY MÉLANIE BERLIET


Mélanie peaked for posterity.

As I sat nearly naked (except for a medical gown) on the exam table, it suddenly hit me: I was about to masturbate in front of six strangers in lab coats.

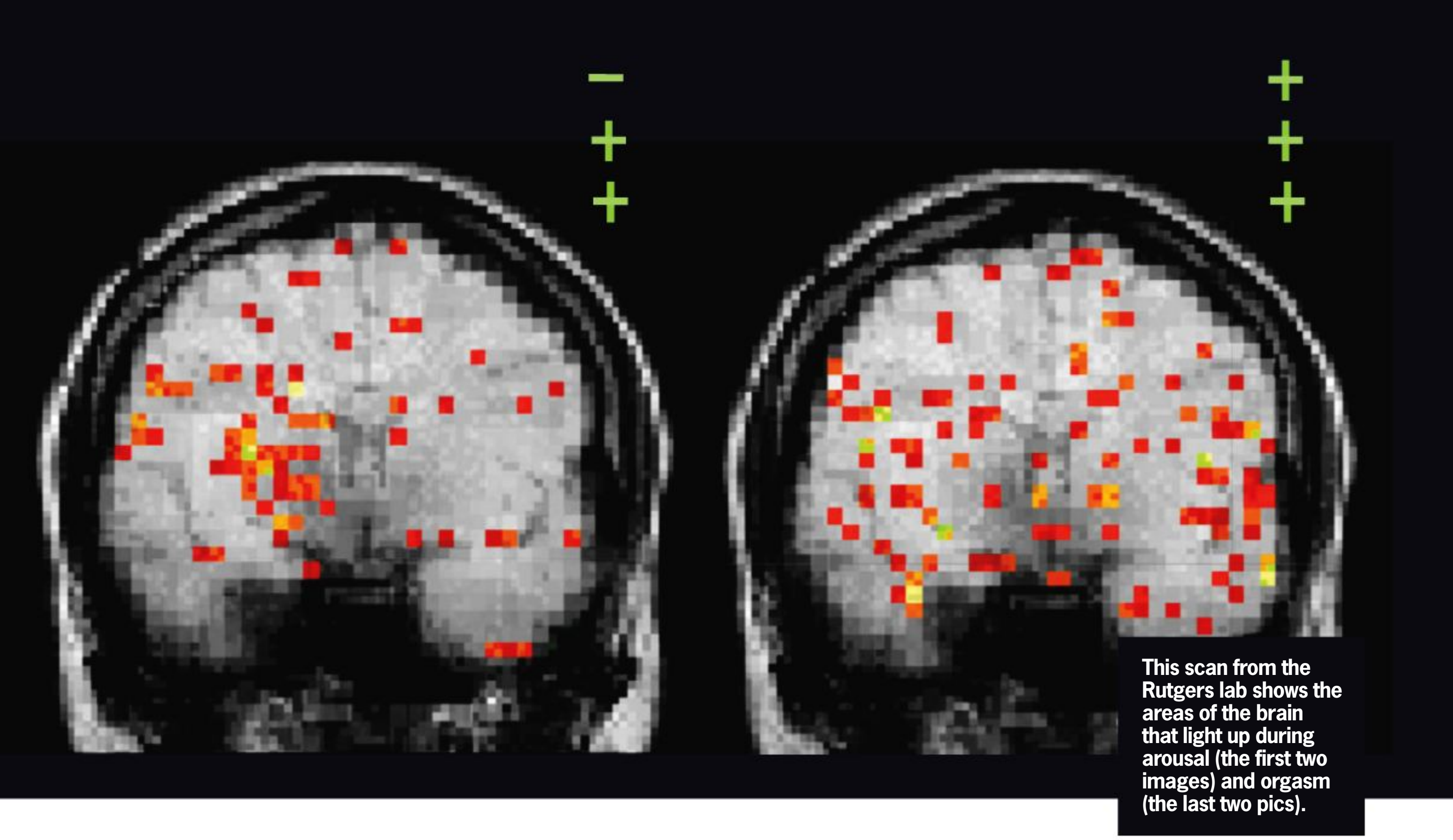
WTF?

I couldn't believe I had signed myself up for this. I mean, I'm all for giving blood or donating my organs, but my orgasm?

I first heard about the study through a friend, and in a moment of temporary insanity, I decided to have scientists track my brain activity while I went at it solo in an MRI machine. Although it seems crazy now, I figured it was an opportunity to find out if my orgasms were, well, normal. The research was led by Barry Komisaruk, PhD, a professor at Rutgers University and coauthor of books like *The Orgasm Answer Guide* and *The Science of Orgasm*. His goal: to create a map of the female brain during climax in order to figure out why some women can't orgasm.

A week before I arrived at the lab, Komisaruk's colleague, neuroscience coinvestigator Nan Wise, called to prep me for my visit. Her first question: Would I need a dildo? God, this was awkward. I got my bearings and told her no, since I masturbate by rubbing my clitoris. Then she went over a few more specifics (lube would be provided, but no visual stimuli, like porn) before she hit me with the most important rule: I would only be able to move my hand. Any bodily movements like hip thrusting (my normal MO) can mess with the brain scan. Well, at least I had time to practice.

(Subject) **NOEL J. FEDERIZO.** Fashion editor: Charles Manning. Hair: Cesar Ramirez at Top 5 Management for Redken. Makeup: Sarah Graalman for Dior Beauty. Dress: Sportmax.



This scan from the Rutgers lab shows the areas of the brain that light up during arousal (the first two images) and orgasm (the last two pics).

Prepping for My Public O

Seven days later, after waiting for a nerve-racking half hour in the exam room, I was led to the imaging lab, where I'd be getting busy inside an MRI machine. The room was very unsexy—white walls, medical equipment, and an observation window through which Komisaruk's team would be watching. As I lay down in my skimpy medical gown, I'd never felt less turned on. To complicate things even further, Komisaruk placed a cagelike device around my head to restrict movement (so the brain scans wouldn't be compromised). I couldn't budge my head or neck. Then he stuck large headphones on my ears to block out sounds, except for the instructions he'd later give me through a microphone. How the hell was I going to get off with this stuff on?

Before I could get in the MRI machine, I started to panic. I felt saliva flood my mouth, and with the headgear on, I thought I couldn't swallow. I started flailing my arms and legs. When Komisaruk removed the mask, I was nearly hyperventilating.

Eventually, I managed to sit up, at which point I saw four pairs of eyes staring at me through the window. I froze. These people were about to know intimate details about me.

Wise must have known what I was thinking, so she coaxed me into the observation room to meet the rest of the team. A young male technician and three female students greeted me. They were nice enough, but when I shook their hands, all I could think was, *Yeah, you know what that will be touching in a few minutes.*

The Big Bang

A half hour and a few sips of water later, I felt calm. Locked inside the MRI, I went through the preliminary exercises: five rounds of Kegels in 30-second increments. When Komisaruk asked me to "commence nipple tapping" (another warm-up), I managed not to crack up. Finally, he told me to begin clitoral self-stimulation.

I started rubbing myself in a circular motion, which usually gets me going, but I didn't feel a tingle. Then I tried going slower and faster—nothing. I had to focus. I had an audience, after all.

So I started replaying my hottest sexual memory in my mind—the first time I slept with my boyfriend. I got lost in the fantasy, and suddenly, I felt the first shudder of my orgasm. I raised my hand (the agreed-upon signal), and when my climax was over, I lowered it, smiling.

A Sexy Lesson

Komisaruk and his team thanked me profusely, and I beamed with newfound orgasmic confidence—no matter what distractions are around (a blaring TV, work worries, scientists in lab coats), I know I can get there.

A few weeks later, I reviewed my scans with Komisaruk and Wise. They pointed out that my brain activated in regions typically associated with arousal and orgasm. Then Wise revealed something else: Since I climaxed quickly (2 minutes and 6 seconds), I'm more likely to have multiple orgasms. I made a mental note to work on this with my boyfriend. Hey, if I can get myself off in an MRI machine in front of a bunch of scientists, reaching multiple Os in the privacy of my own bedroom should be easy, right? ■

Are You on the Fence About Kids?

Sure, babies have the cute munchkin thing going for them. But they also force you to sacrifice a lot…and more women are questioning whether or not mommyhood is worth it.

By Jessica Knoll

By the look on his face, she may want to remove her left hand, stat.

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Jen Myles at Workgroup for Dior. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Ise White for artistsbytimothypriano.com. Top: Inhabit; skirt: Current Elliot; earrings: Ippolita.

"I thought that one day in my late 20s, I would wake up and want a baby. I turn 32 this year, and the last thing I want in my life is a child." That's a post on thechildfreelife.com, a site for those who are babyless or undecided about having kids. Websites like this are common, and with good reason: A 2007 Pew Research Center survey found just 41 percent of adults said that children were very important for a successful marriage, down from 65 percent in 1990. And nearly one in five American women now ends her reproductive years without children, up from one in 10 in the 1970s.

"I see many women who experience baby ambivalence," says Barbara Almond, MD, author of *The Monster Within: The Hidden Side of Motherhood*. "They struggle with the decision because they fear they'll regret not having kids one day." If you can relate, here's some insight.

Nurturing Your...Career

When our parents entered the workforce, the emphasis was on landing a secure job that paid the bills. Liking it was good, loving it was a bonus. Our generation's attitude is different: We want to be passionate about what we do and work hard to find that perfect fit. "After women spend years building their careers, they worry a baby will ruin their success," says Beverly Engel, a marriage and family therapist and author of *The Parenthood Decision*.

Kissing "Me" Time Good-bye

"This generation of women has been encouraged to be fiercely independent," says Engel. "Having to cater to someone else is counter to how they've been raised." Engel also points out that women get the message from TV, movies, and friends who have become parents that children mark the end of personal freedom and put a damper on your sex life—not very appealing.

The Decision Breaker

"I'm not a kid person, but my mom is adamant that I'll do fine once I have my own," says Jane (not her real name), 27. But some of us simply have a stronger maternal instinct than others do. If yours is weak, Engel advises—whether you're indecisive due to concerns like how you'll afford it or because you think you're missing the mommy chip—imagining a life without mini me(s). Does it make you sad? Or does it excite you to think of all the opportunities—like traveling—that would be easier to embrace as a free agent? Check back with yourself every three to six months to see if anything has changed. A consistent answer is telling, and if you decide kids aren't for you, know that there's no longer a stigma to being child-free. ■

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COSMOPOLITAN Fights Campus Rape

BY ANNIE DALY

For our campaign, we're teaming up with Students Active for Ending Rape (SAFER) to improve colleges' sexual-assault policies. You can help!

The buddy system goes high-tech.

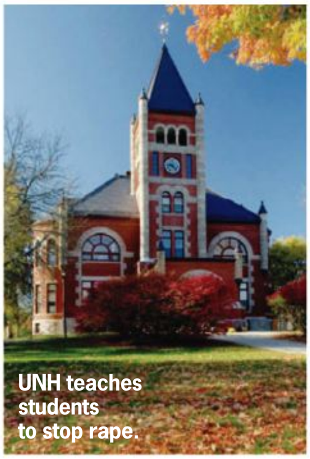
A Stay-Safe App in the Works

Since rapists target students who have been separated from their crew, one way to protect yourself is the buddy system, where you and a friend agree to stick together during a night out. But you know how it is—when you're out partying, it's easy to get split up. So the White House Apps Against Abuse challenge hopes to make it easier to keep tabs on your girls. They've launched a contest for developers to create a location-based app for mobile phones (along the lines of Foursquare) that uses GPS technology to let students see where their friends are. We'll update you on cosmopolitan.com/campus-rape when the winning submission is chosen later this month.

GET INVOLVED in our campaign to fight rape on campus by improving your college's sexual-assault policy. Log on to cosmopolitan.com/campus-rape for details.

One School Making a Big Difference

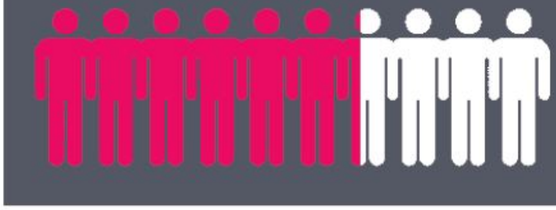
The University of New Hampshire has taken a leading role in fighting sexual violence since 2001, when it developed a program called Bringing in the Bystander that teaches students how to step in to stop a rape from occurring. It was scientifically proven to be effective, and now more than 50 colleges nationwide participate.



UNH teaches students to stop rape.

IT'S NO ACCIDENT

Some college officials tend to chalk up sexual assault to a simple miscommunication, especially if students were drinking at the time. But according to David Lisak, PhD, who has conducted extensive research on college rape, college rapists strategically plan attacks by seeking out vulnerable women (those who are drunk or alone) because they know they'll be less capable of fending someone off.



63% of college rapists are repeat offenders who commit an average of *six* rapes each.

The Campus SaVE Act

Last month, we told you about momentous guidelines issued by Vice President Joe Biden and the Office for Civil Rights urging colleges to adopt stronger sexual-assault policies. Yet they are only recommendations rather than legislation mandating improvements. The Campus Sexual Violence Elimination (SaVE) Act calls for updated policy requirements that would be enforced by the U.S. Department of Education. Sign the petition to help pass the act at cosmopolitan.com/campus-rape.

(From left) The Image Bank/Getty Images; courtesy of the University of New Hampshire.

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6 Dumb Lies Women Tell Their Gyno

Yeah, it's awkward to confess to your doc that you don't always use condoms or that you sometimes blank on taking the Pill. But it's crucial to suck it up and spill. If untrue, these lines are particularly harmful to your sexual health.

By Annie Daly

When it comes to your annual gyno visit, there's no such thing as TMI. Your doctor really needs to hear your down-below details, which is why he or she asks you some super personal stuff in the first place.

And while you may be tempted to dodge these queries because you sense the truth would prompt a judgmental lecture (something you don't need, especially while draped in a paper gown), that won't happen with a good gyno. "We doctors have seen and heard everything. Nothing you could say would shock us," assures Roshini Raj, MD, coauthor of *What the Yuck: The Freaky and Fabulous Truth About Your Body*. "Our job is to keep you healthy, and we can't do that without knowing the answers to some probing questions."

So don't feel singled out or embarrassed. If you dish any of the statements here and it's BS, you're closing yourself off to help your doc can give you—like more effective STD meds, better birth control, and even potentially lifesaving cancer screenings.

1 "My sex life is great."

Whether you feel kind of chafed, experience sharp pain when your guy thrusts deeply, or suffer yeast infections after sex, don't be weirded out by telling your MD. Many sex issues have a purely physical cause, and that makes her the right person to figure out what's going on.

For example, chafing could be the result of a lack of lubrication due to birth-control pills messing with your hormone levels. Your doctor can put you on a pill that won't have that effect, says Debby Herbenick, PhD, coauthor of *Read My Lips: A Complete Guide to the Vagina and Vulva*.

Pain when your guy thrusts may signal an ovarian cyst or fibroid, two common benign growths that can be treated. And there are ways to avoid sex-triggered yeast infections, so inform her about anything odd: burning, tenderness, bleeding, and of course, any degree of pain.

Hmm… maybe docs *should* give lie-detector tests.

TAMARA SCHLESINGER. Fashion editor: Charles Manning. Hair: Anja Grassegger for Bumble and Bumble at Factory Downtown. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Robert Sumrell for Walter Schupfer Management. Shirt: Theory Men's; tie: Thomas Pink.

2 “Yeah, I always use a condom.”

It broke, your guy failed to put it on, or your stash was empty so you decided to wing it. You don’t have to explain to your gyno why you had unsafe sex, but you must clue her in that it happened. If not, you might leave her office without being tested for chlamydia, gonorrhea, and HIV—all of which you can contract after just one round of condomless mattress wrestling with a guy whose STD status is a big question mark. (Genital herpes and HPV are also a risk, but gynos generally don’t test for those unless you’re showing symptoms or you’ve had an irregular pap.)

“A lot of young women assume that their gyno automatically screens them for all sexually transmitted diseases during their annual exam, so they don’t have to own up to not using protection,” explains Herbenick. But while your gyno is supposed to test you routinely for gonorrhea and chlamydia if you’re under 25, not all do. And if you’re over 25, you definitely have to speak up.

Seriously, the consequences of an infection are much more frightening than the discomfort of telling your doctor that you didn’t use a condom: Chlamydia and gonorrhea, if left untreated, can damage your reproductive tract and leave you infertile. And HIV, as you know, is incurable and potentially fatal, but if it’s caught early, it can be managed with meds.

3 “No, I don’t smoke.”

Maybe you fudge it on this one because you’re not a pack-a-day addict and you don’t think that an occasional cigarette has anything to do with your lady parts. You’re wrong. Smoking any amount affects your birth-control choices, puts you at a higher infection risk, and may alter your fertility.

“Women who smoke and use hormonal birth control have an increased risk of lethal blood clots,” says Leslie A. Phillips, a gynecologist at the University of North Texas Health Science Center. Cigarettes also wear down your immune system, leaving you more vulnerable to HPV-related problems, such as genital warts and cervical cancer, says Herbenick. Studies link tobacco to egg abnormalities plus a higher miscarriage rate. Bottom line: Coming clean about smoking helps your MD tailor your exam to your needs.

Digital Vision/Getty Images

4 “I definitely take the Pill every day.”

Even the most diligent woman might space on popping her pill every so often. But if you *repeatedly* forget more than once per cycle, you’re shortchanging yourself by lying about it to your gyno. Not only are you dangerously upping your risk of getting pregnant, but you’re also missing the chance to try a method better suited to you—one you don’t have to worry about daily.

“If you tend to forget to take the Pill, your gyno will want to help you find another option,” says Dr. Raj. Luckily, plenty are out there. The ring may be more up your alley because you leave it in for three weeks at a time. The birth-control shot is good too, since it is effective for three months. And if you really don’t want to be bothered by birth control, your gyno may suggest an IUD, which can last for up to 10 years.

(Folders) Iconica/Getty Images. (Birth-control pills) PhotoDisc/Getty Images.

MEDICAL RECORDS
☐ NEGATIVE
☑ POSITIVE

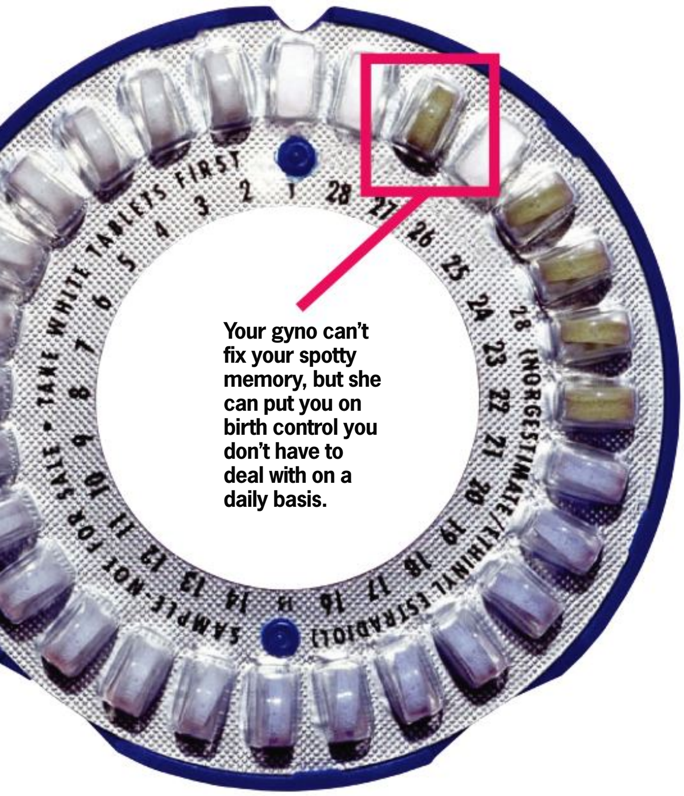
Hiding your STD can lead to even more serious problems.

5 "I've never had an STD."

Even though half of all newly reported STDs strike young adults under 25, they still have that skeezy reputation. So while you may not want to cop to having one now or that you were diagnosed and cured in the past, you really have to own up to it and banish the fear that your MD will get judgy on you.

"I need to know if a patient has a recurrent STD, such as herpes or HPV, so I can help her manage either of those conditions," explains Donnica L. Moore, MD, author of *Women's Health for Life*. Your doc can let you know about new prescriptions that can ease outbreaks or help you get a handle on making outbreaks less frequent.

And if you've had an STD in your sexual history, you're still not off the hook. "Many women think, Oh, I had chlamydia or gonorrhea 10 years ago and got rid of it with antibiotics. Why is it relevant now?" says Dr. Raj. "But curable STDs can still influence your present sexual health, putting you at higher risk of fallopian-tube scarring and infertility down the road." Being aware that you had chlamydia, for example, can help her figure out why you may have trouble conceiving in the future or what the source of scar tissue may be.



Your gyno can't fix your spotty memory, but she can put you on birth control you don't have to deal with on a daily basis.

6 "Uh, I stay away from anal."

Not all gynos ask if you've had anal sex, but they should, says Dr. Moore. And since anal is still kind of taboo, your knee-jerk reaction may be to deny it. Thing is, if you, like so many other young women, have done it without a condom, you need to say so. "Unprotected backdoor action can set you up for some of the same STDs you can get from vaginal sex," says Herbenick, "and your gyno will consider whether she should test you anally for these infections."

BY ESTHER CRAIN

Breast Check

How Working Out Helps Your Breasts

Sweat sessions not only pump up your mood and reduce stress, they keep your boobs looking and feeling awesome.

Treat your wonder twins to more gym time.

Your breast-cancer odds go down. Obesity and a sedentary lifestyle are risk factors, as excess body fat may increase estrogen production, which can fuel tumors. Studies also show that women who do at least 30 minutes of cardio per day have a lower likelihood of getting the disease.

PMS-related tenderness is eased. Even just a 20-minute heart-pumping exercise session will help debloat your boobs, reducing soreness triggered by monthly preperiod hormonal changes.

They feel more pleasure. The thinking here is that because exercise improves circulation, erogenous zones, such as your nipples, will be more sensitive to sexual stimulation and help you become aroused faster. Many women report this, but more research needs to be done.

SOURCE: JENNIFER WIDER, MD, COSMO RADIO WOMEN'S HEALTH EXPERT

What Your Body Reveals

STINKY URINE

"Sharp, pungent pee is probably a sign that you're dehydrated, which makes your urine super concentrated so it looks darker and has a stronger odor," explains Natalia Meimaris, MD, clinical assistant professor of ob-gyn at New York University. Rehydrate by drinking water or juice (and avoiding coffee and diet soda, beverages that actually draw water from your system) and the smell should go away quickly. If it persists, see your MD.

A remedy for reeking pee

His and Hers

"My guy's penis has a curve! What could be the cause?"

Some dudes dangle at a different angle.

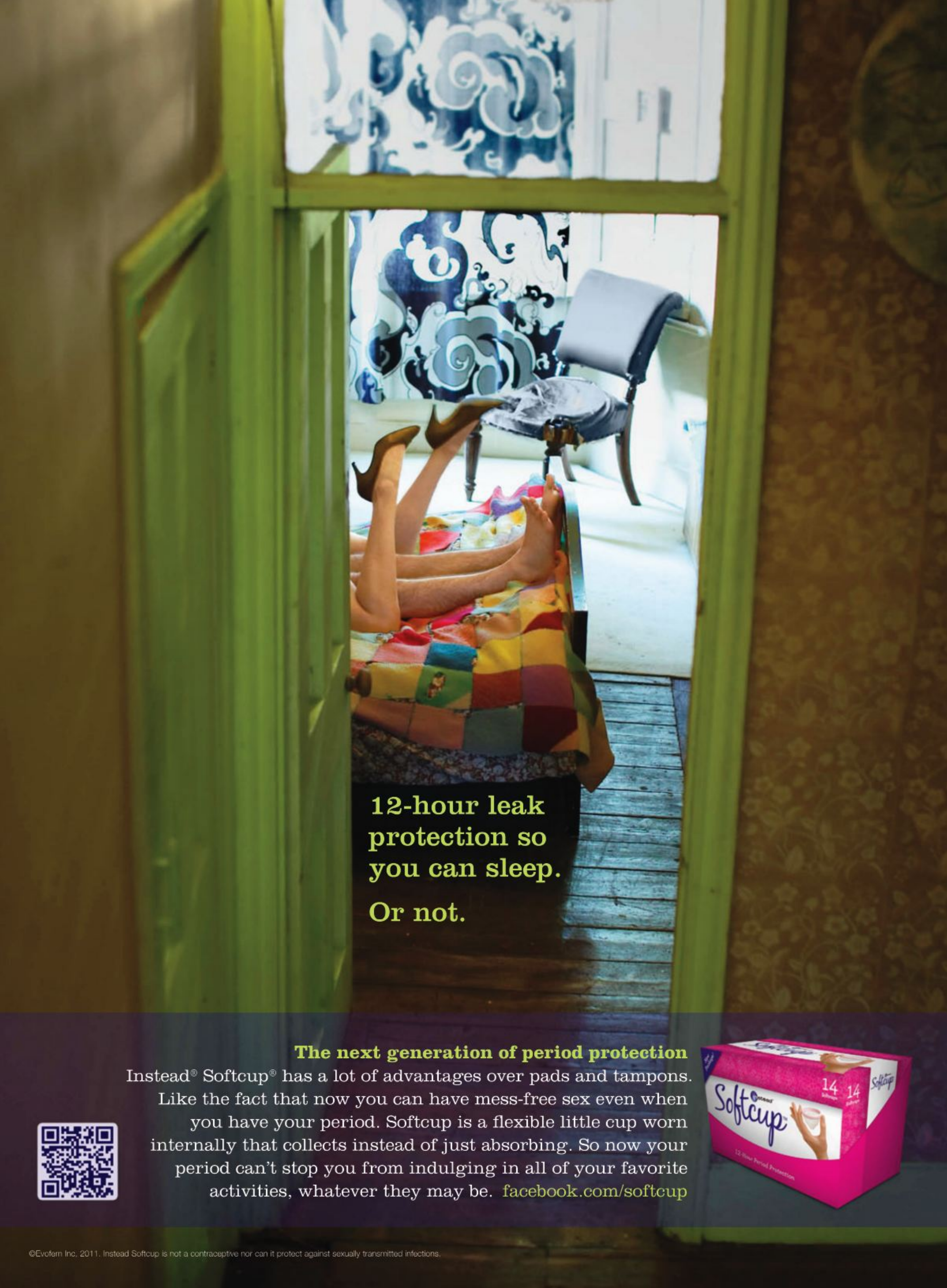
A less than perfectly straight penis is common, but a more pronounced bend might be due to Peyronie's Disease, a condition that can result from a blow to a man's crotch, causing scar tissue to form inside the penis, says Jonathan Henning, a urologist at the University of Iowa. "A minor curve is usually no big deal," says Dr. Henning. But in rare cases, the curve can be so pronounced, sex isn't possible and surgery is required.

Health-Boosting Habit

NEXT TIME YOU HAVE CRAMPS, TRY CROSSING YOUR ARMS IN FRONT OF YOUR CHEST. IT REPORTEDLY MAY LOWER YOUR PERCEPTION OF PAIN.

SOURCE: *PAIN* JOURNAL

(Female model) **CHRIS CLINTON.** Assistant fashion editor: Jennifer Steele. Hair: Bryce Scarlett for artistsbytimothypriano.com. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Prop stylist: Robert Sumrell for Walter Schupfer Management. Sports bra: Tonic. (Couple) **CHRIS CLINTON.** (Juice) istockphoto.com.



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BRITISH INVASION

From woolen jumpers to mod minis, coquettish English-schoolgirl style—inspired by the die-hard fans who launched Beatlemania—is hitting the top of the fashion charts.

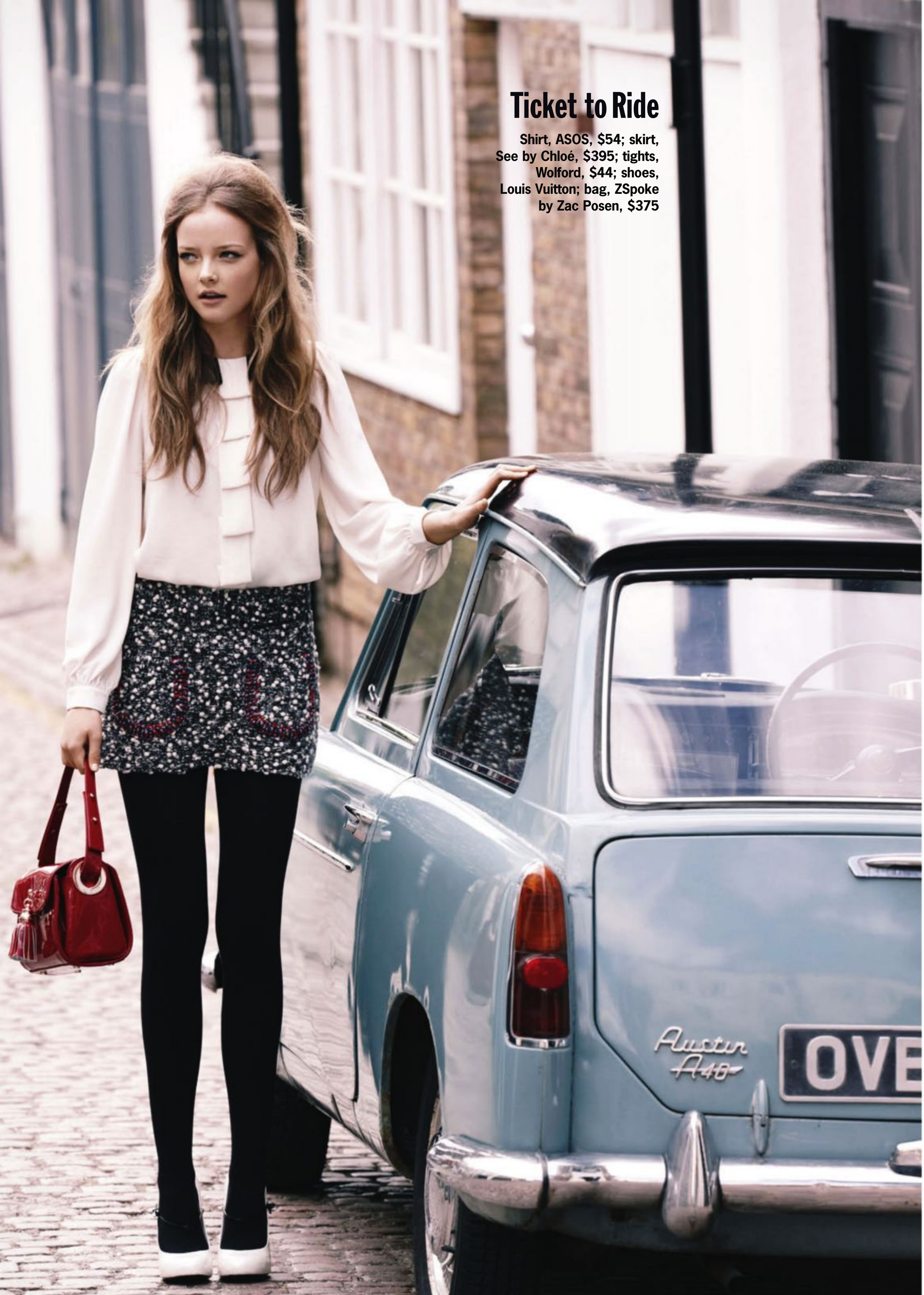
PHOTOGRAPHS BY DEAN ISIDRO

A Hard Day's Night

Dress, GANT by Michael Bastian, $595; tights, Falke, $59

Ticket to Ride

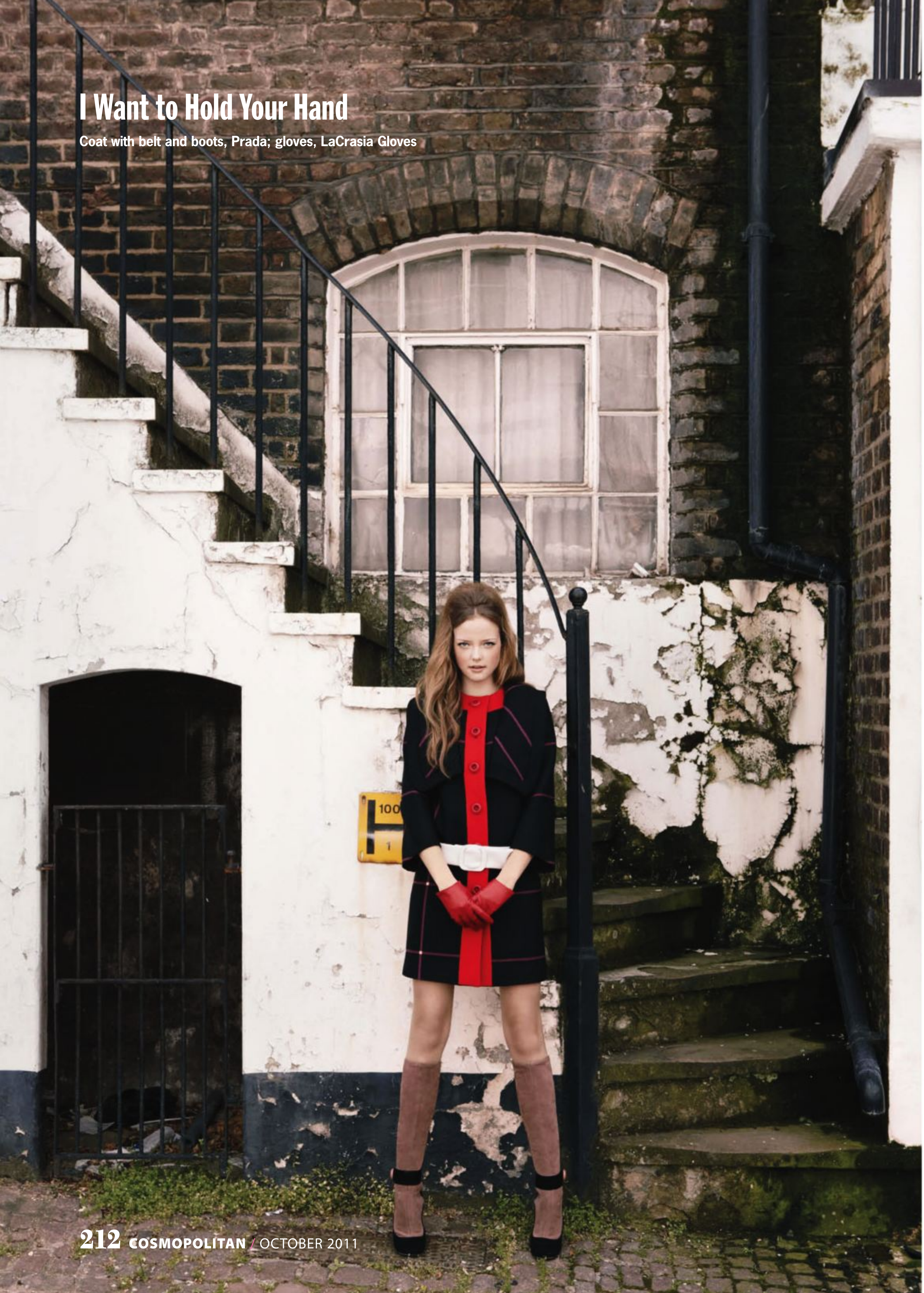
Shirt, ASOS, $54; skirt, See by Chloé, $395; tights, Wolford, $44; shoes, Louis Vuitton; bag, ZSpoke by Zac Posen, $375


Austin
A40
OVE

Hello, Good-Bye

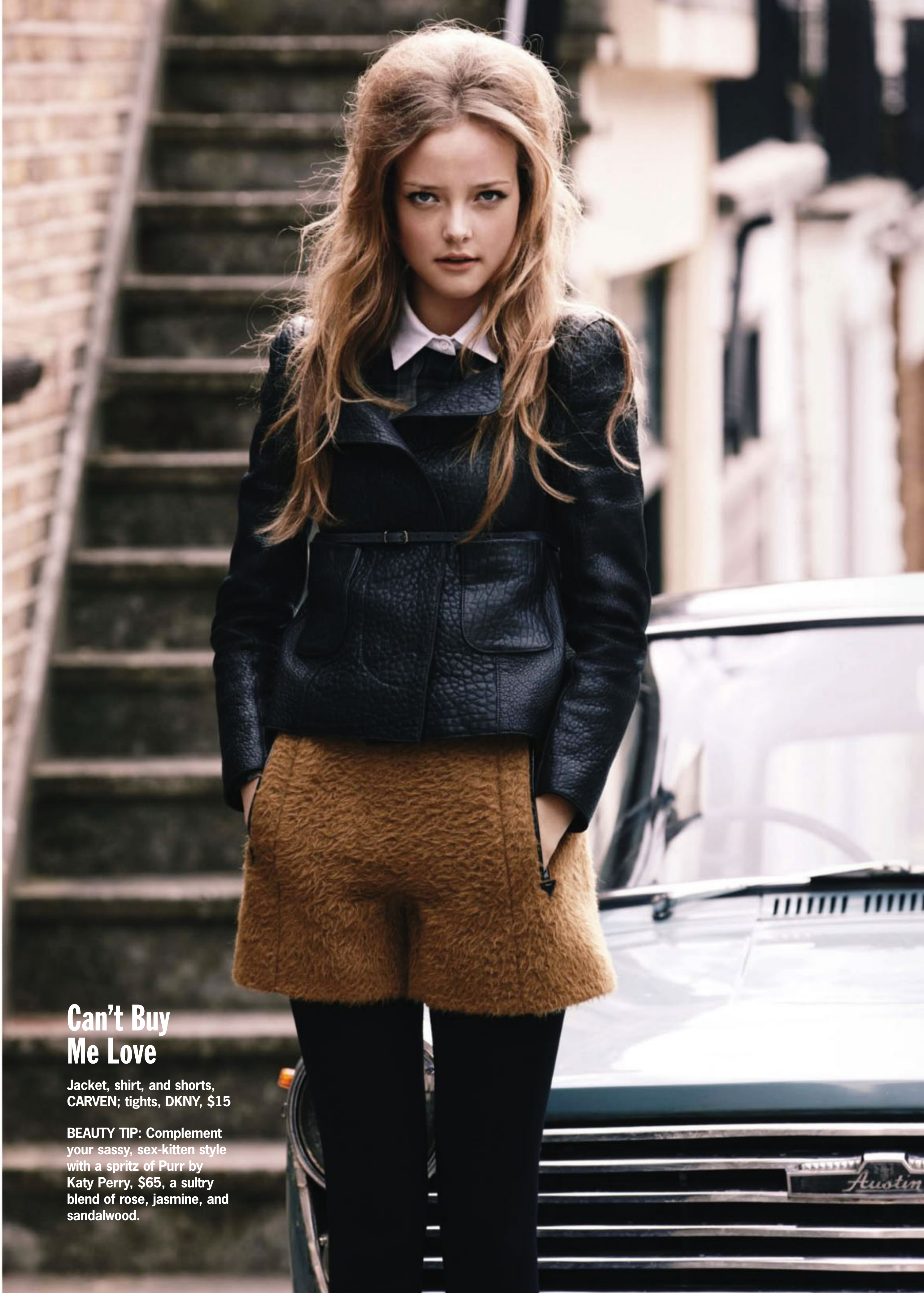
Jacket, Express, $148; turtleneck, Lauren by Ralph Lauren

BEAUTY TIP: Give your pony a teased, bedhead texture by applying Fekkai Full Blown Volume Styling Whip, $23, to damp strands, then blow-drying upside down with your fingers (not a brush).



I Want to Hold Your Hand

Coat with belt and boots, Prada; gloves, LaCrasia Gloves



Can't Buy Me Love

Jacket, shirt, and shorts, CARVEN; tights, DKNY, $15

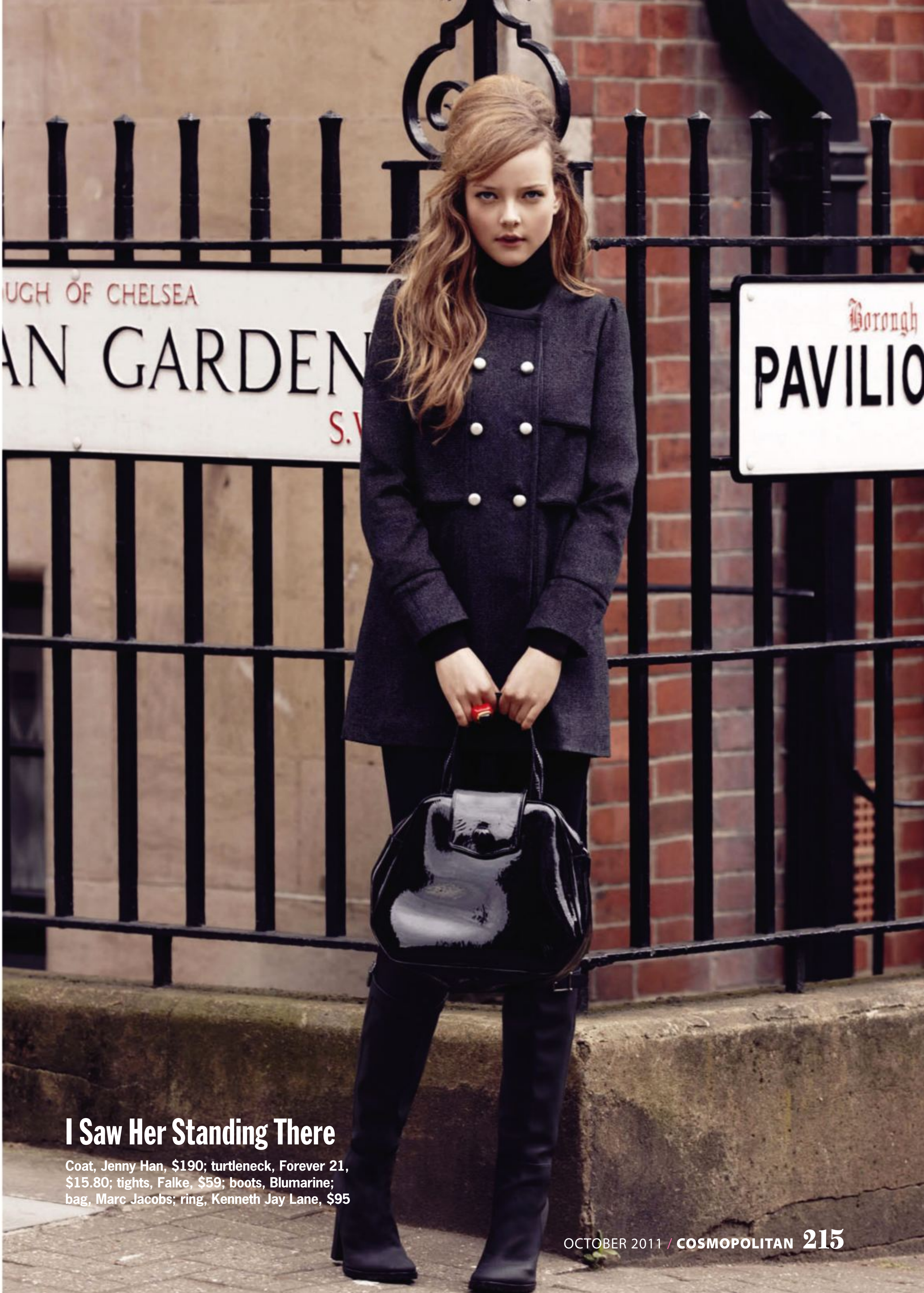
BEAUTY TIP: Complement your sassy, sex-kitten style with a spritz of Purr by Katy Perry, $65, a sultry blend of rose, jasmine, and sandalwood.

Here Comes the Sun

Coat, shirt, and skirt, Calvin Klein Collection; bag, Fendi

Fashion director: Michelle McCool
Hair: John Ruggiero for Bumble and Bumble at starworksartists.com
Makeup: Sharon Ive at Carol Hayes London using Crème de la Mer
Manicure: Kim Treacy at nakedartists.com
Produced by 10-4 inc, 10-4inc.com

See page 258 for shopping information.


UGH OF CHELSEA
AN GARDEN
S.V
Borough
PAVILIO

I Saw Her Standing There

Coat, Jenny Han, $190; turtleneck, Forever 21, $15.80; tights, Falke, $59; boots, Blumarine; bag, Marc Jacobs; ring, Kenneth Jay Lane, $95

Welcome Home

Vest, Meghan Los Angeles; capelet, Diesel, $375; shirt, 7 for All Mankind, $145; jeggings, MICHAEL Michael Kors, $120; belt, Vicki Turbeville, $425; boots, Valentino Garavani; bracelet, Isabel Marant, $220

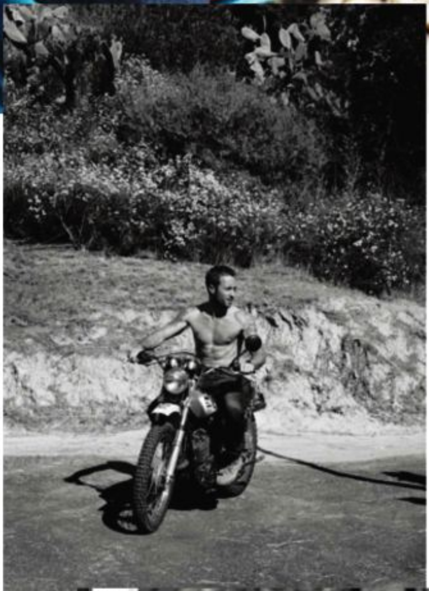
American Beauty

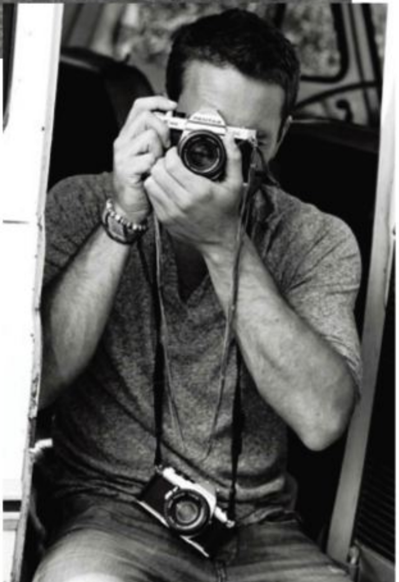
On those crisp weekends spent relaxing with your guy, you'll want to live in fall's laid-back-luxe Navajo trend. All you need is turquoise, feathers, a bit of fringe...and the best accessory of all: a hottie like *Hawaii Five-O* star Alex O'Loughlin.

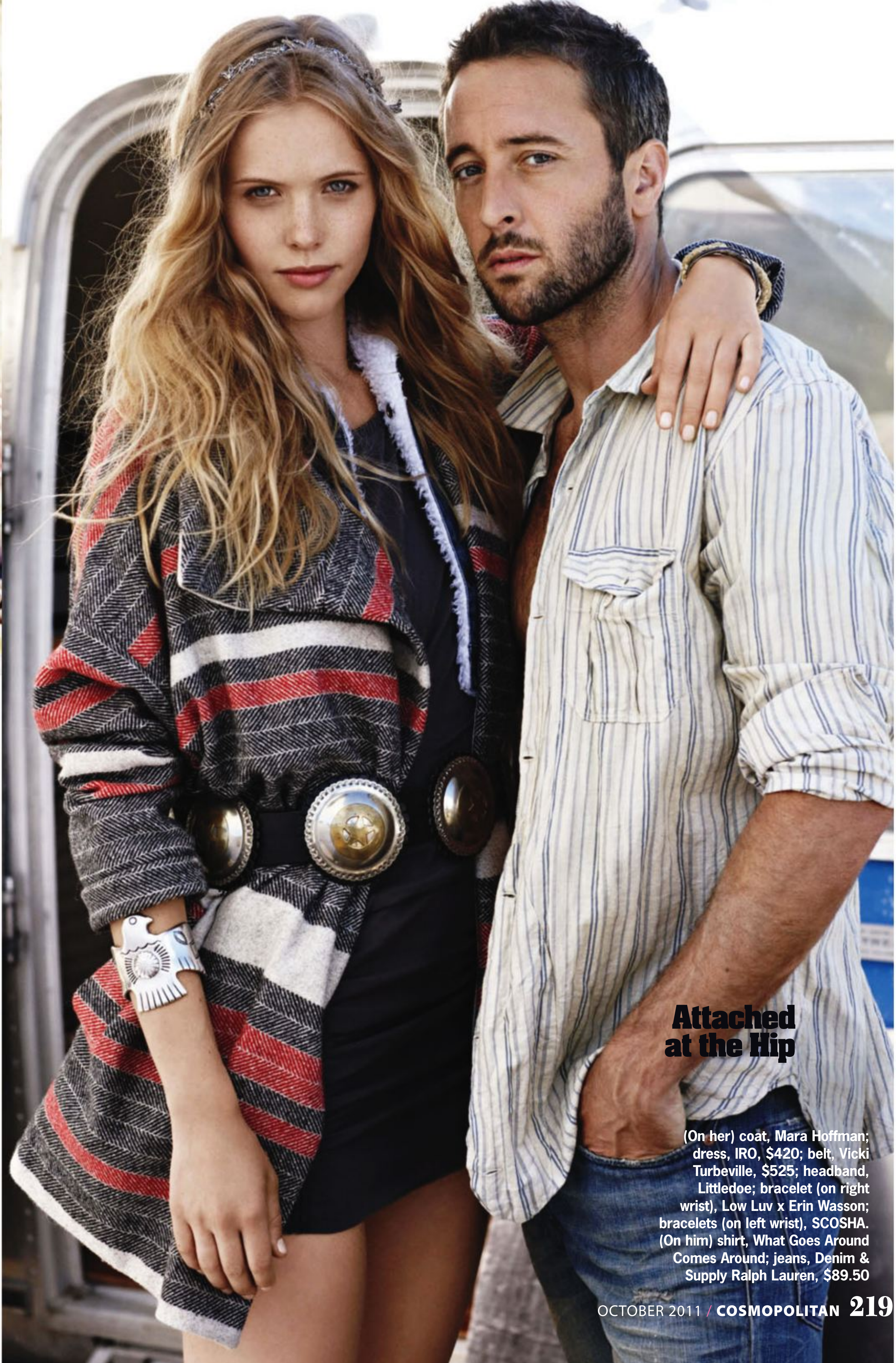
PHOTOGRAPHS BY MATT JONES

(On her) jacket, BB Dakota, $120; dress, Leyendecker, $253; orange beaded necklace, DANNIJO; beaded necklaces, $154 each, and spear necklace, $62, Vanessa Mooney; bracelet, SCOSHA, $219. (On him) shirt, Gant, $59; jeans, Denim & Supply Ralph Lauren, $89.50

(On him) jacket, What Goes Around Comes Around; shirt, Gant, $59; jeans, Denim & Supply Ralph Lauren, $89.50; boots, What Goes Around Comes Around, $250; bracelets (from top), SCOSHA, $212; Vanessa Mooney, $70. (On her) jean jacket, Levi's; cotton jacket, What Goes Around Comes Around; sweater, Smitten, $180; pants and boots, Isabel Marant; short necklace, Lizzie Fortunato Jewels for SUNO, $340. (Bottom right photo) T-shirt, J.Crew; jeans, Denim & Supply Ralph Lauren, $89.50



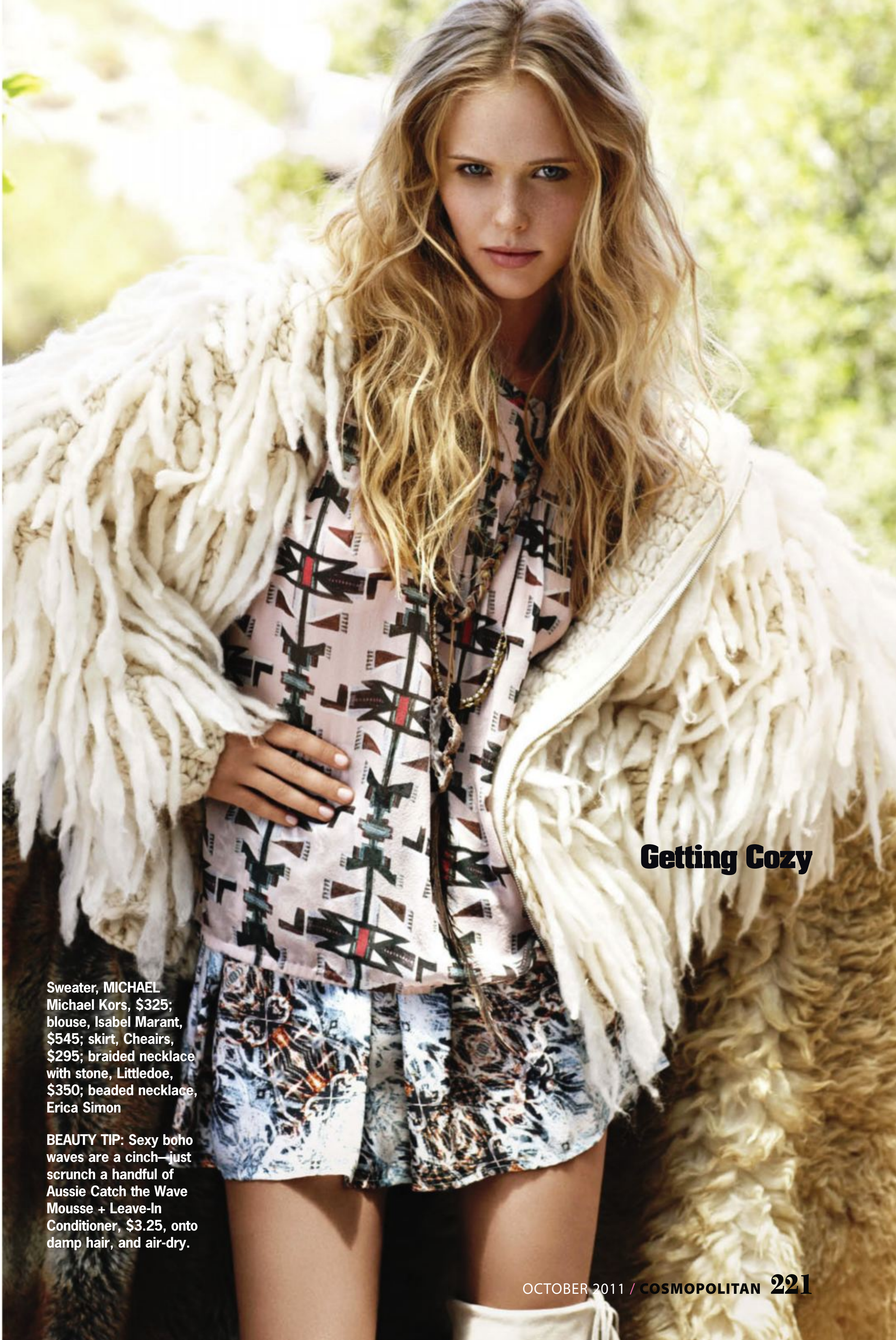




Attached at the Hip

(On her) coat, Mara Hoffman; dress, IRO, $420; belt, Vicki Turbeville, $525; headband, Littledoe; bracelet (on right wrist), Low Luv x Erin Wasson; bracelets (on left wrist), SCOSHA. (On him) shirt, What Goes Around Comes Around; jeans, Denim & Supply Ralph Lauren, $89.50

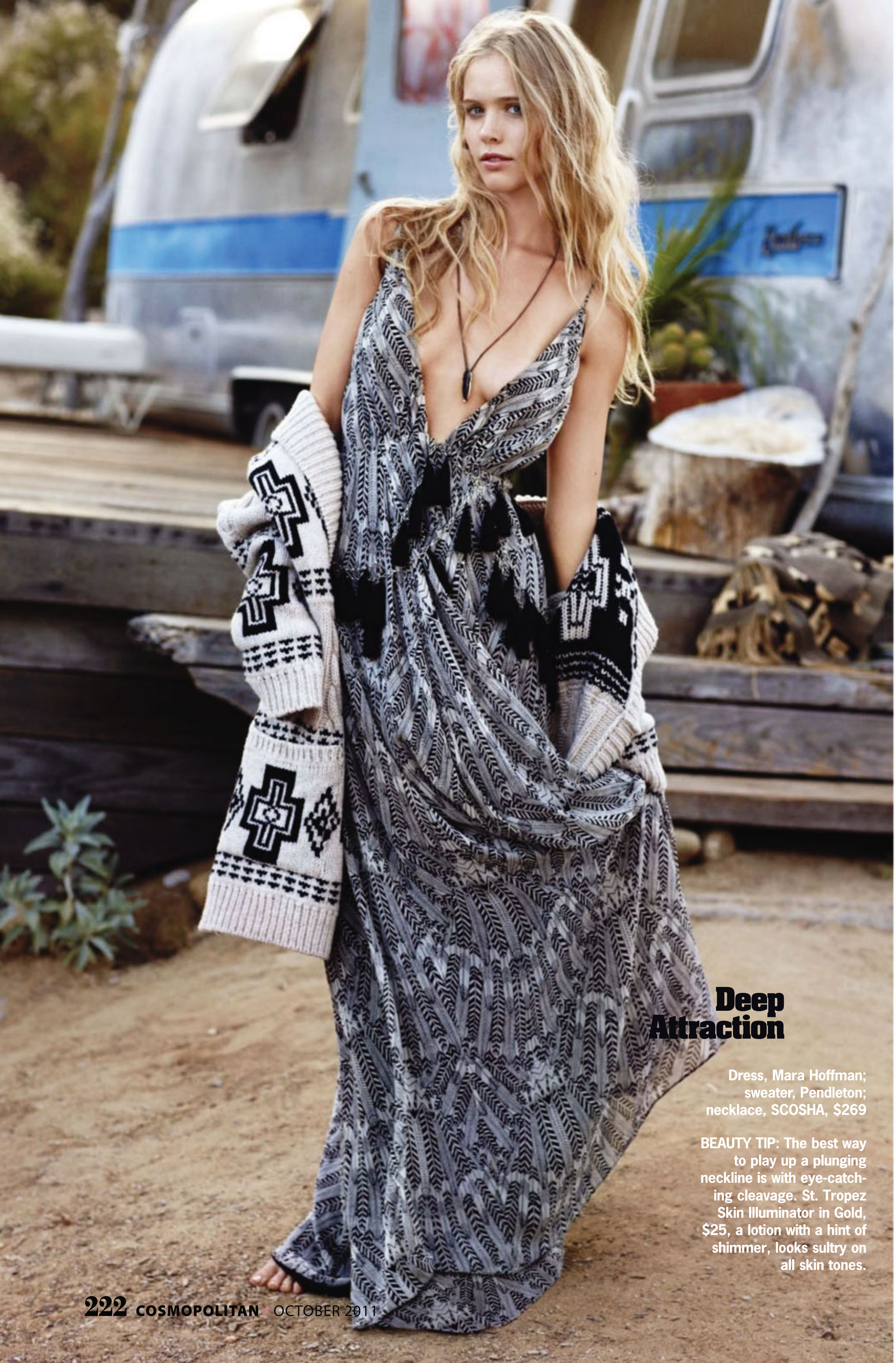
Backpack (in top photo), Will. (Bottom photo) wrap, stylist's own; dress, Friend of Mine, $379; necklace, Roberto Cavalli; bracelet, Isabel Marant, $220; ring, Vicki Turbeville, $225



Getting Cozy

Sweater, MICHAEL Michael Kors, $325; blouse, Isabel Marant, $545; skirt, Cheairs, $295; braided necklace with stone, Littledoe, $350; beaded necklace, Erica Simon

BEAUTY TIP: Sexy boho waves are a cinch—just scrunch a handful of Aussie Catch the Wave Mousse + Leave-In Conditioner, $3.25, onto damp hair, and air-dry.



Deep Attraction

Dress, Mara Hoffman; sweater, Pendleton; necklace, SCOSHA, $269

BEAUTY TIP: The best way to play up a plunging neckline is with eye-catching cleavage. St. Tropez Skin Illuminator in Gold, $25, a lotion with a hint of shimmer, looks sultry on all skin tones.

Senior fashion editor:
Rebecca Hessel Cohen
Hair: Jenny Cho for
Suave Professionals at
The Wall Group
Makeup: Jo Strettell
using Chanel at
themagnetagency.com
Manicure: Kimmie Kyees
for Orly International/
celestineagency.com
Men's grooming:
Diana Schmidtke at
The Wall Group
Prop stylist: Ryan
Donahue/Owl
and the Elephant
See page 258 for
shopping information.

Lovebirds

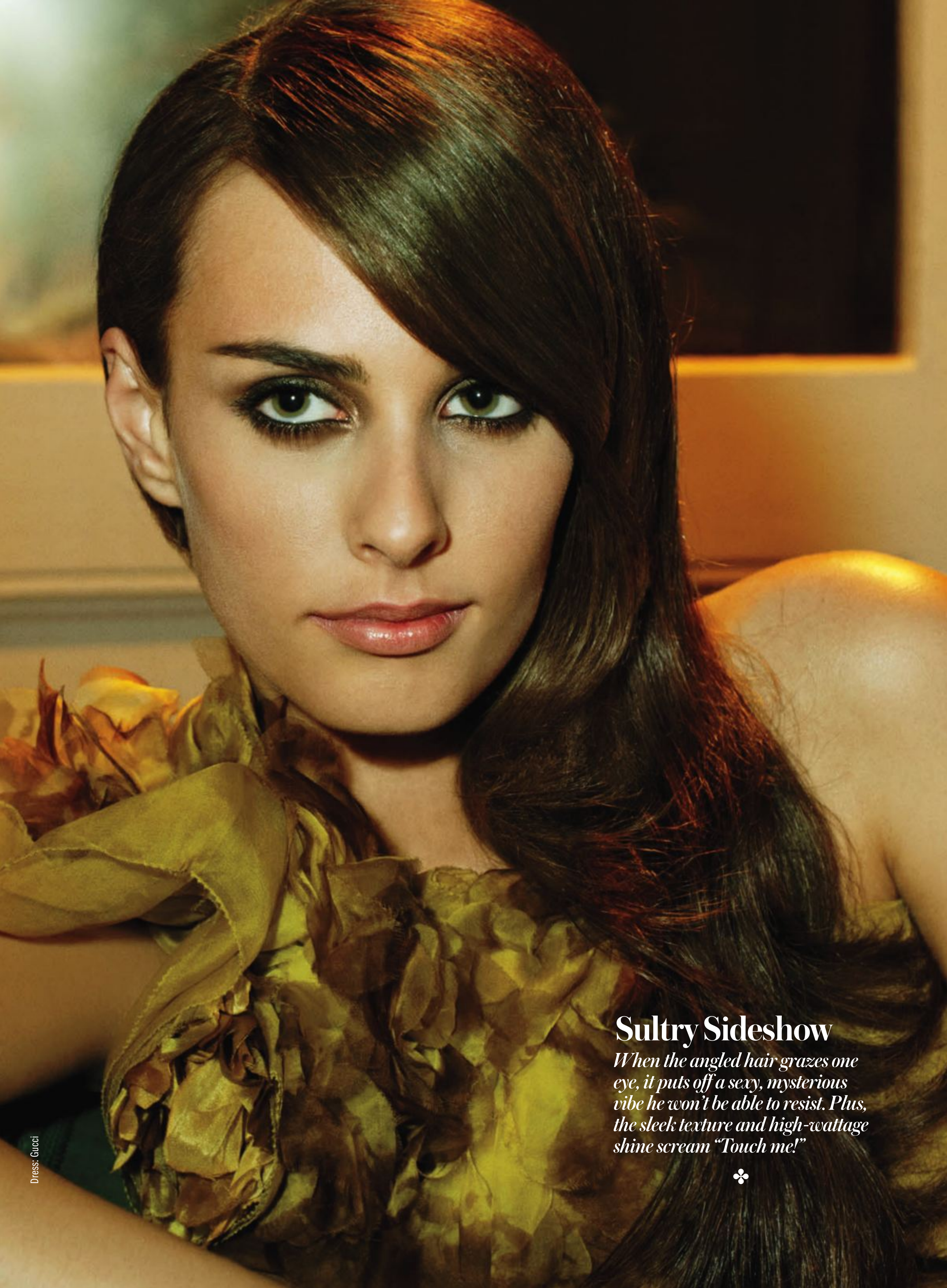
(On him) sweater, Denim & Supply Ralph Lauren, $185. (On her) top, What Goes Around Comes Around, $295; skirt, Friend of Mine, $295; hat, Littledoe, $575

Devastatingly Sexy Date-Night Hair

Make his pulse pound with one of these glam-bam looks created by Bumble and Bumble hair guru Jimmy Paul. The bombshell volume, dramatic knots, and high-shine curls will wow him into you-pleasing submission.

By Leah Wyar

Photographs by Marc Hom

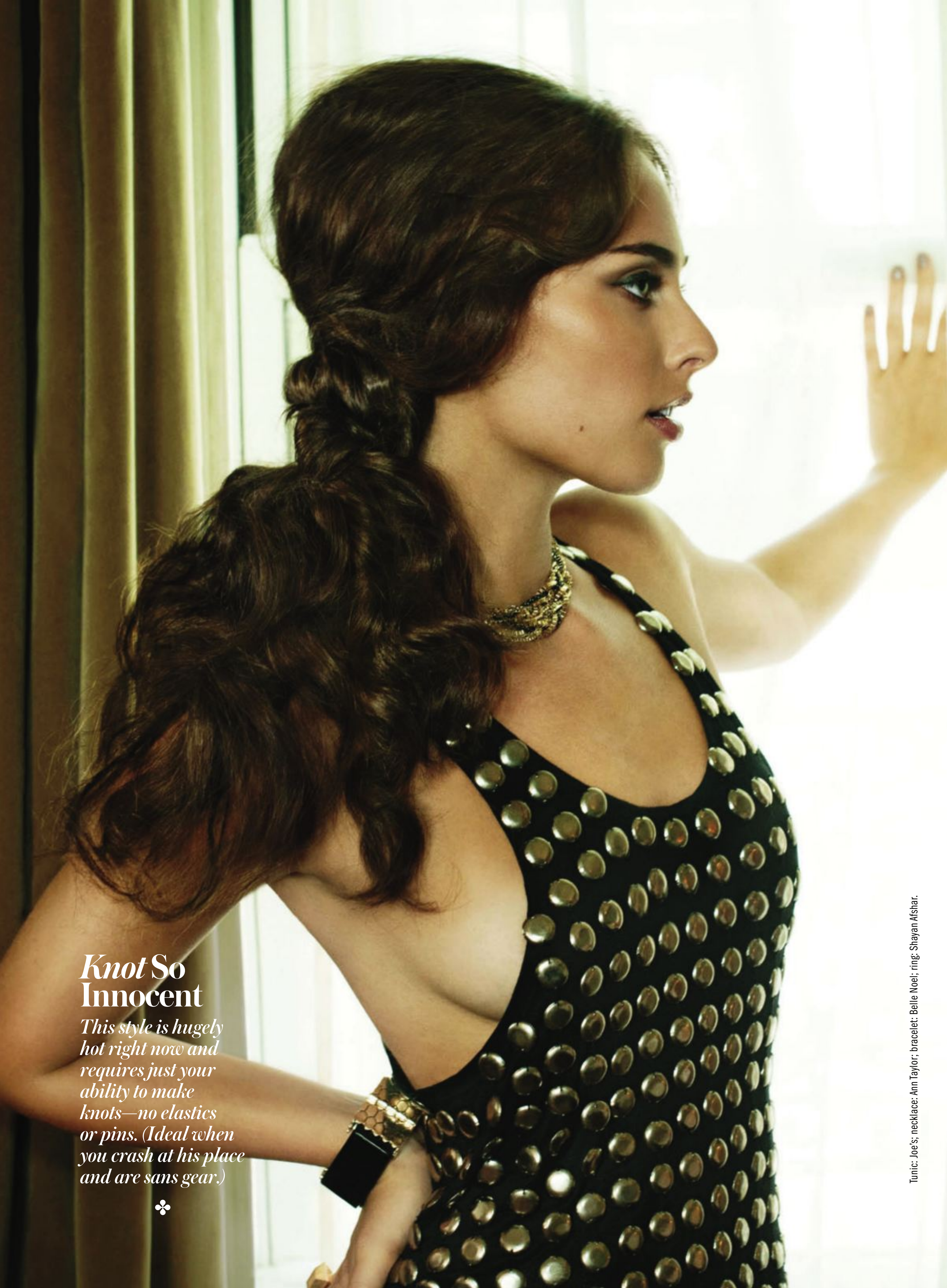


Sultry Sideshow

When the angled hair grazes one eye, it puts off a sexy, mysterious vibe he won't be able to resist. Plus, the sleek texture and high-wattage shine scream "Touch me!"

✤

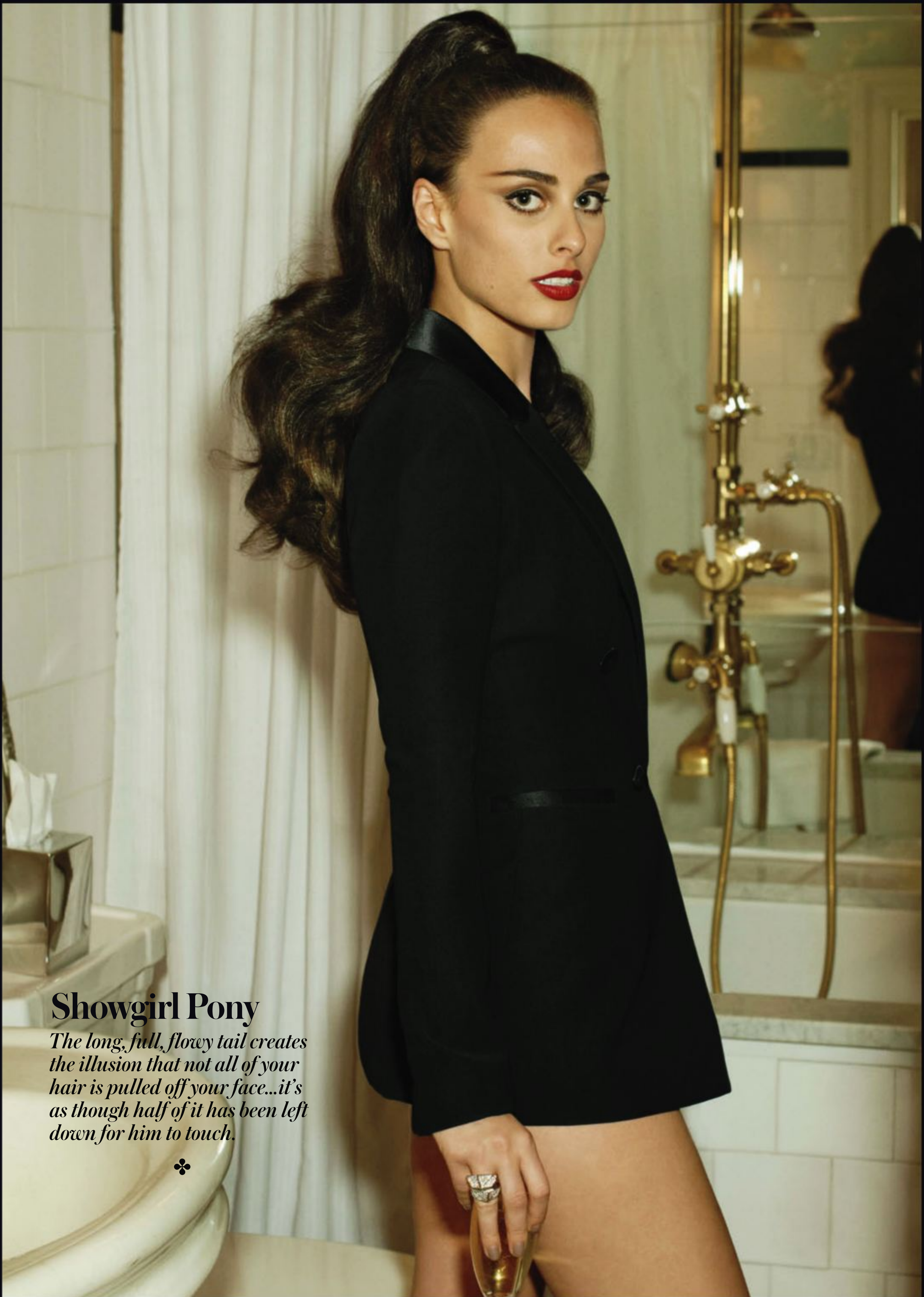
Dress: Gucci



Knot So Innocent

This style is hugely hot right now and requires just your ability to make knots—no elastics or pins. (Ideal when you crash at his place and are sans gear.)

Tunic: Joe's; necklace: Ann Taylor; bracelet: Belle Noel; ring: Shayan Afshar.

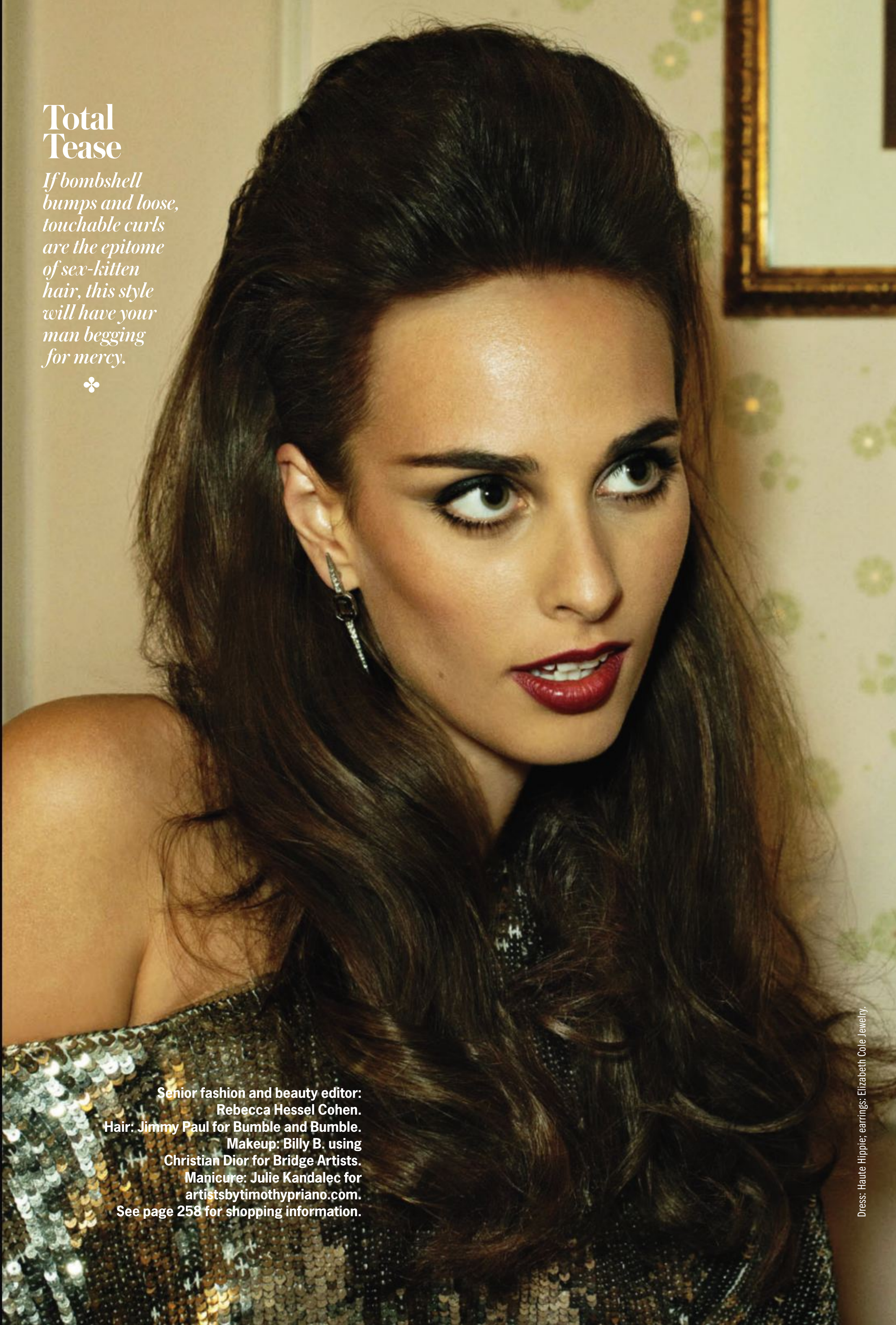


Showgirl Pony

The long, full, flowy tail creates the illusion that not all of your hair is pulled off your face...it's as though half of it has been left down for him to touch.

♣

Jacket: Calvin Klein; rings: CC Skye.



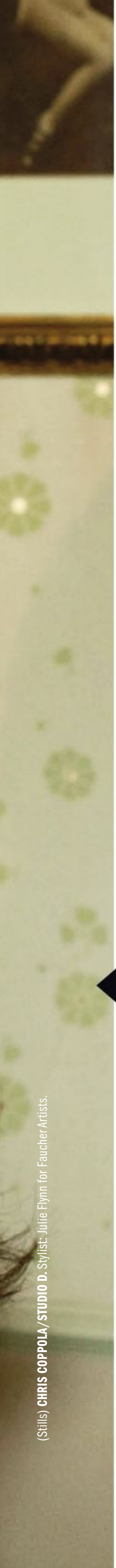
Total Tease

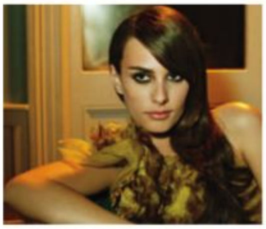
If bombshell bumps and loose, touchable curls are the epitome of sex-kitten hair, this style will have your man begging for mercy.

◆

Senior fashion and beauty editor: Rebecca Hessel Cohen.
Hair: Jimmy Paul for Bumble and Bumble.
Makeup: Billy B. using Christian Dior for Bridge Artists.
Manicure: Julie Kandalec for artistsbytimothypriano.com.
See page 258 for shopping information.

Dress: Haute Hippie; earrings: Elizabeth Cole Jewelry.





Sultry Sideshow

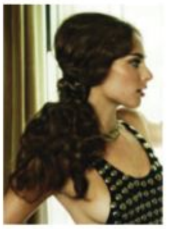
Check out any red-carpet event and you'll likely see some version of this glam, deeply parted style. To get the look at home:

● Distribute a half dollar–size dose of styling cream (L'Oréal's, here, won't make hair greasy) through dry strands to cut any frizz and amp up the dazzle factor, then run a flatiron from your roots to about your chin.

● Now use a large-barrel curling iron on the rest of your hair. Bouncy ends prevent this mostly sleek style from looking too flat and lifeless.

● Part your hair above the end of one eyebrow, comb roots to the opposite side, and finish with a shine-enhancing hair spray (try Garnier Fructis Style Sleek & Shine Anti-Humidity Hairspray, $4.11).

L'Oréal Paris Vive Pro Glossy Style Smooth Gloss Anti-Frizz Cream, $5



Knot So Innocent

Pros call this do a pony-bun because it looks like a hybrid of the two styles… and it's just as easy to create as either one.

● Add some dry shampoo to unwashed roots (we love Tresemmé Fresh Start, $5), then add a styling cream (check out Sebastian's, here) to mid-lengths and ends; both make strands a bit thicker, helping the knots stay put.

● Divide hair into a top section and a bottom section (as though you're going to create a half-up, half-down style), then split the top section down the middle.

● Tie the halves in a knot, then in a second knot, and if hair is long enough, a third. Spray hair in place.

● Twist the hair that's still hanging, loop it around the knot, and pull it down through the knot's center. Tug until hair feels secure.

Sebastian Potion 9 Wearable Styling Treatment, $17

Total Tease

Hair this sexy requires tons of body and volume. Our tips make it easy to get the coveted texture.

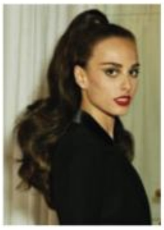
● Use an inch-and-a-half-wide iron to curl a small section of hair. Wind it around your finger, and pin the coil at the scalp; repeat until all your hair is set in pin curls.

● After 15 minutes, remove pins, use a boar-bristle brush to soften the curls and add fullness, then apply a drop of styling cream (we like Bumble and Bumble Grooming Creme, $26), so curls don't fall flat.

● Clip the hair between your temples to keep it out of your way. Then comb each side (the hair between your ear and temple) back, pin it behind your ear, and liberally apply hair spray (try this mist by Herbal Essences) so sides looks slick, almost wet.

● Release the top section of hair, tease it until it's as high as you want it, then smooth it backward with a brush. Spray it once again so the volume lasts all night.

Herbal Essences Body Envy Volumizing Hairspray, $3



Showgirl Pony

You don't need long, thick locks to pull off this look. We have a solution for all hair lengths and textures.

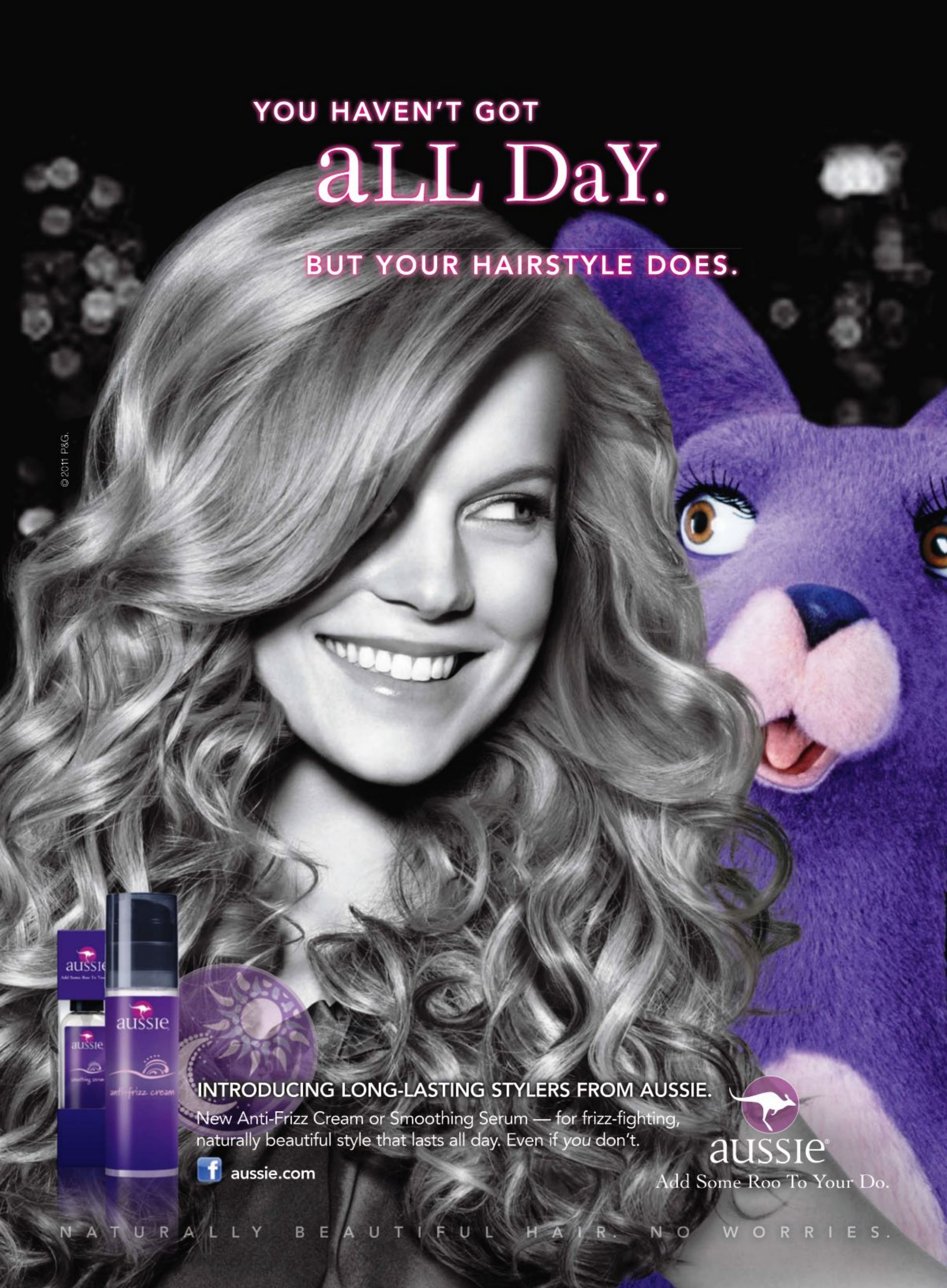
● Repeat the pin-curl steps from the Total Tease section, then brush them out for softness.

● Bend over and brush all your hair upward toward your crown, making a very tight ponytail there. Don't have tons of hair? Use a ponytail extension that's about 18 inches long (Hairdo Wrap-Around Ponytail, $49, looks incredibly real), then curl it so the texture matches your real hair.

● Finish with shine spray. (This lightweight one by Bumble and Bumble won't flatten your full texture.)

Bumble and Bumble Bb. Shine On (and On) Finishing Spray, $25

(Stills) **CHRIS COPPOLA/STUDIO D.** Stylist: Julie Flynn for Faucher Artists.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BY KELLY THORE AND STEFANIE TUDER

cosmo life

Weekend

How to Dominate the Halloween Party Scene

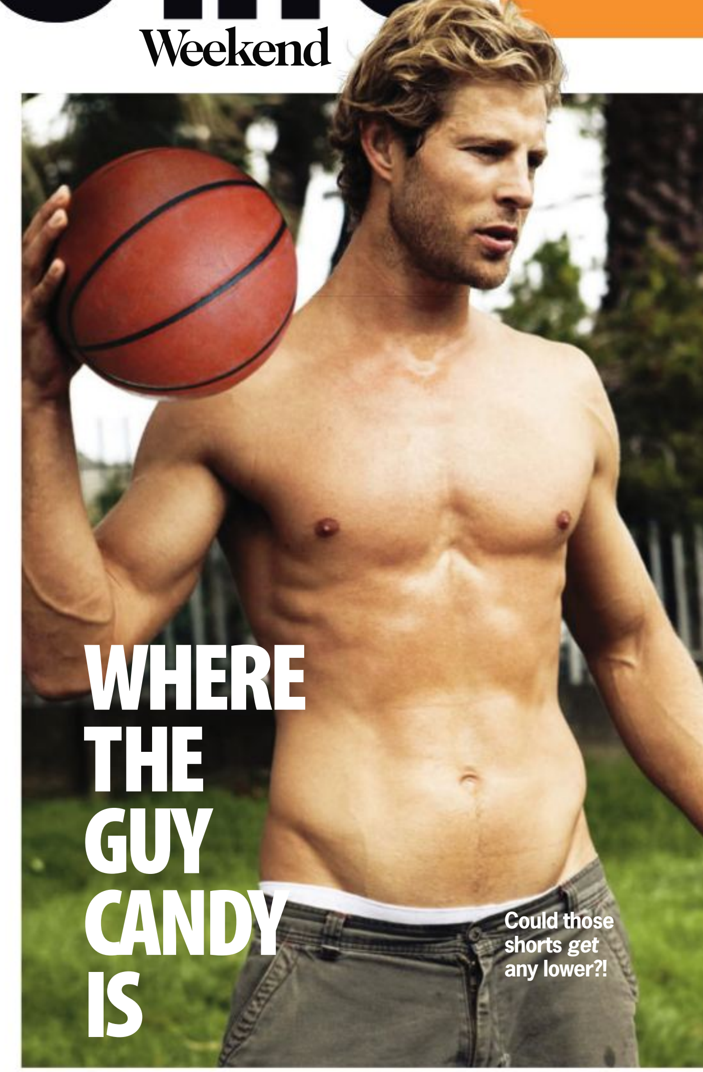
Want to throw a party that stands out? First, make sure that 80 percent of the crowd doesn't show up as Snooki or Lady Gaga by picking a unique theme. Think '90s nostalgia with everyone dressed as their favorite couple from that decade, or make it a Coen brothers bash where groups of friends pick a flick and come as the main characters. Then freshen up the drinks with this festive little extra: **skull and crossbones ice cubes.**

Almost too cool to drink

Ommm, *ommm, OMMM!*

Get Hot, Bothered, and Toned

Kama Sensual, a new class offered at Crunch gyms nationwide, uses strategic moves to tighten and tone the external *and* internal pelvic core. The promise is a more sculpted middle and higher libido. Yes, please! Round up a few friends and check out a class on a weekend afternoon—oh, and make sure your guy is on call afterward.



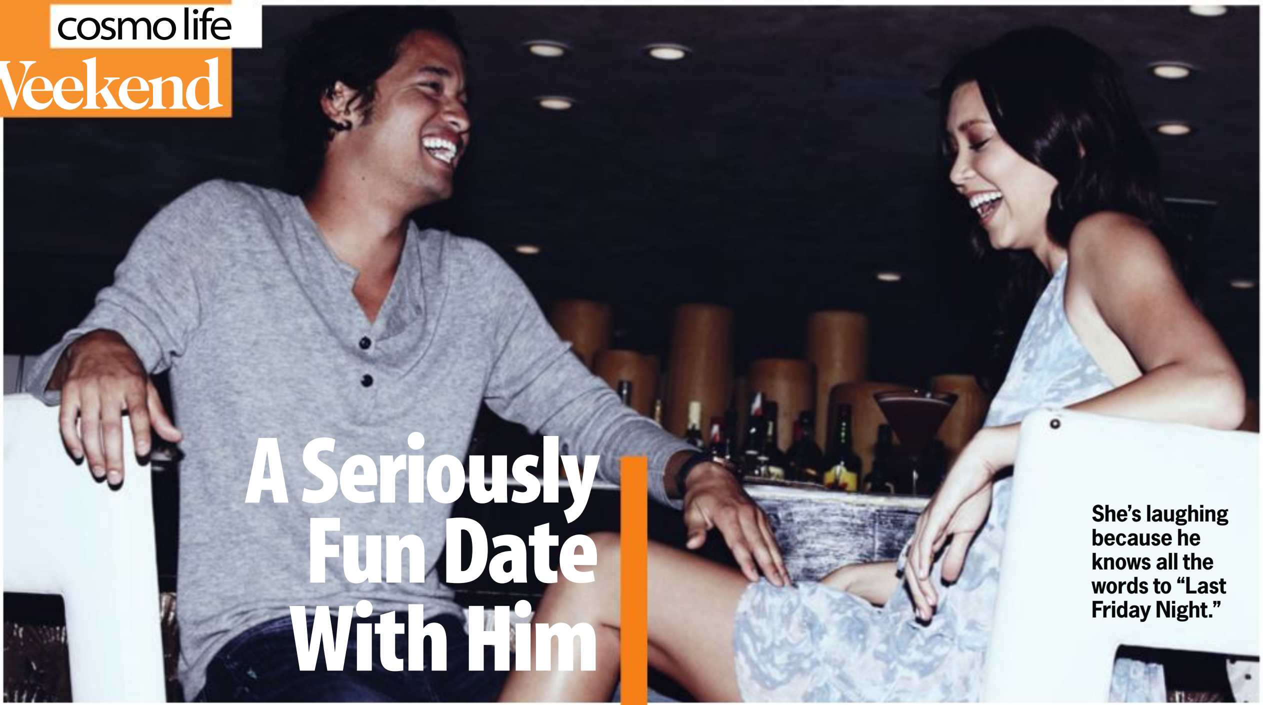
WHERE THE GUY CANDY IS

Could those shorts *get* any lower?!

Our new obsession: ipickupsports.com. It's like Craigslist for sports—you search your zip code, and it pulls up a map with all the pickup games (like basketball, football, and even tennis) going on nearby. Translation: It pinpoints exactly where you can find sweaty, shirtless eye candy at, oh, 2:30 in the afternoon this Sunday.

According to a NASA study, Saturdays are the sunniest day of the week. Not sure how that works, but cool.

(Glass and ice-cube tray) worldwidefred.com. (Female models) Image Source/Getty Images. (Ice cubes) **CHRIS ECKERT/STUDIO D.** (Male model) Chris Opel/gallerystock.com.



She's laughing because he knows all the words to "Last Friday Night."

A Seriously Fun Date With Him

Go check out a cover band together. Live music is totally dude-friendly (think a headbanging rock version of "Rolling in the Deep"), and they're everywhere right now—just do a quick Google search. Whatever charge you have to pay won't be near what you'd shell out if you were going to see the real artists, so you can dance your ass off to your favorite songs without having to eat ramen for a week.

Little Man-Melting Moves

The weekend is when you actually have time (and energy) to give your guy special treatment. A few gestures worth stealing...

Relax with a six-pack.

"My girlfriend told me that I had 60 minutes to use whenever I wanted and for (almost) whatever I wanted. I definitely used up all my 'rollover' minutes on her that weekend!"

—Brian, 31

"I love video games, but they bore my girlfriend to death. One Saturday, she played them with me for an hour without complaining. Indulging my hobby showed me she cared."

—Zach, 22

"I was out with the guys watching the Sunday game when my girlfriend met up with me just to say hey. After she left, we received six baskets of wings that she had secretly ordered and paid for. My friends always wanted her to hang out after that!"

—Josh, 21

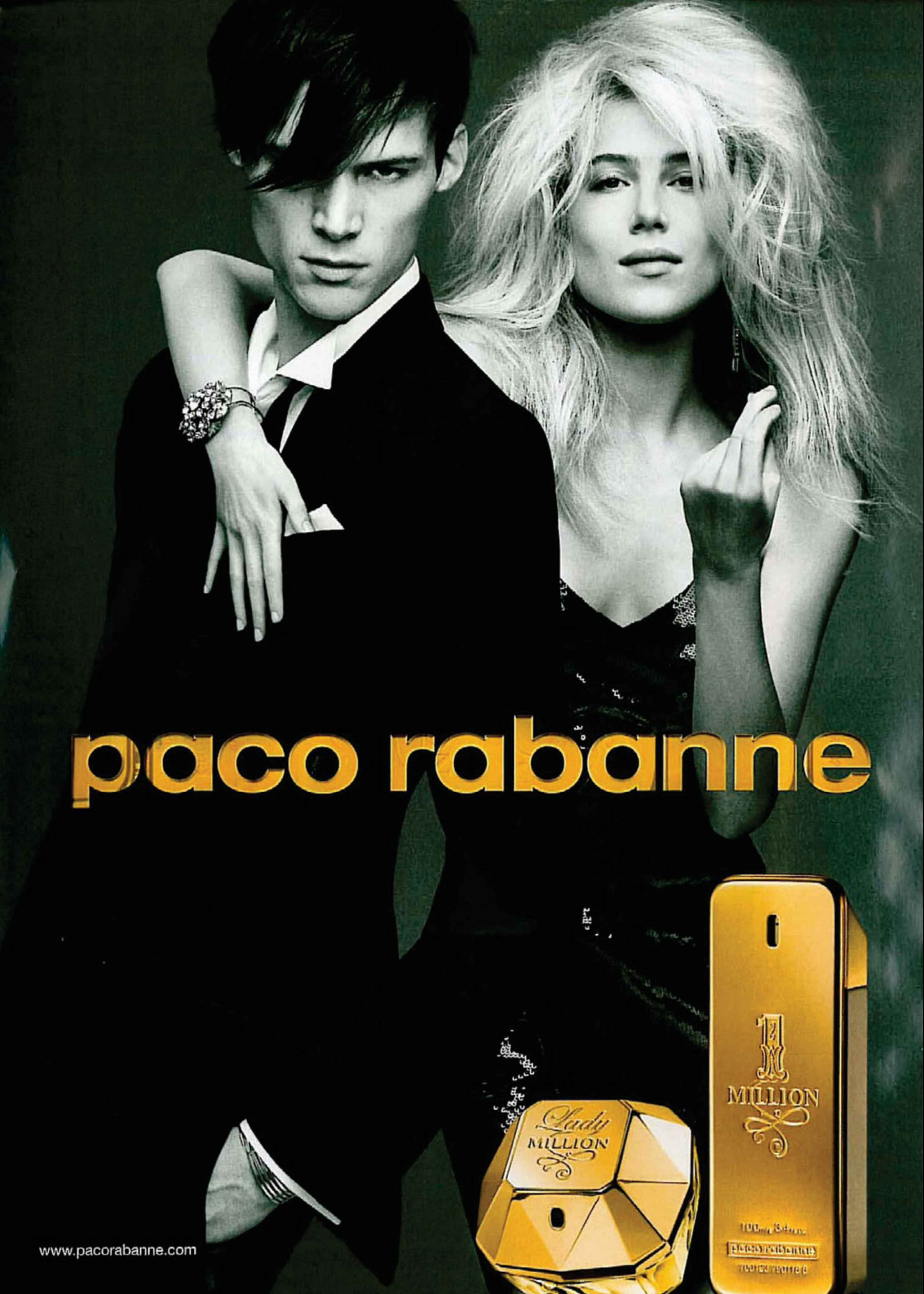
Mentally Zone Out on Friday

A new study from Duke University proves what we kind of already knew: We are not our freshest at the end of a busy workweek, and as a result, neither are our decision-making skills. Seems our brains are too spent to register potential negative outcomes. So on Fridays, when you're totally blitzed, just don't plan. Otherwise, you might agree to dinner with the weirdo in your book club…or something even worse.

Couch It With Your Fave DVDs

There's a reason you can't get enough of those *Sex and the City* reruns: New research from Ohio State University reveals that watching our most beloved TV shows is comforting because we're so familiar with the characters, it's like hanging out with friends. Instead of wallowing on Sunday night, dust off your old standbys, like *SATC*, *Friends*, or old-school *90210*, and curl up on your couch with some wine or popcorn. Wringing out every drop of your time off will make it easier to get up on the day-which-shall-not-be-named.

(Couple) CHRIS CLINTON. (Male model) TAMARA SCHLESINGER. (*Sex and the City*) HBO/courtesy of Everett Collection. (Television) PhotoDisc/Getty Images.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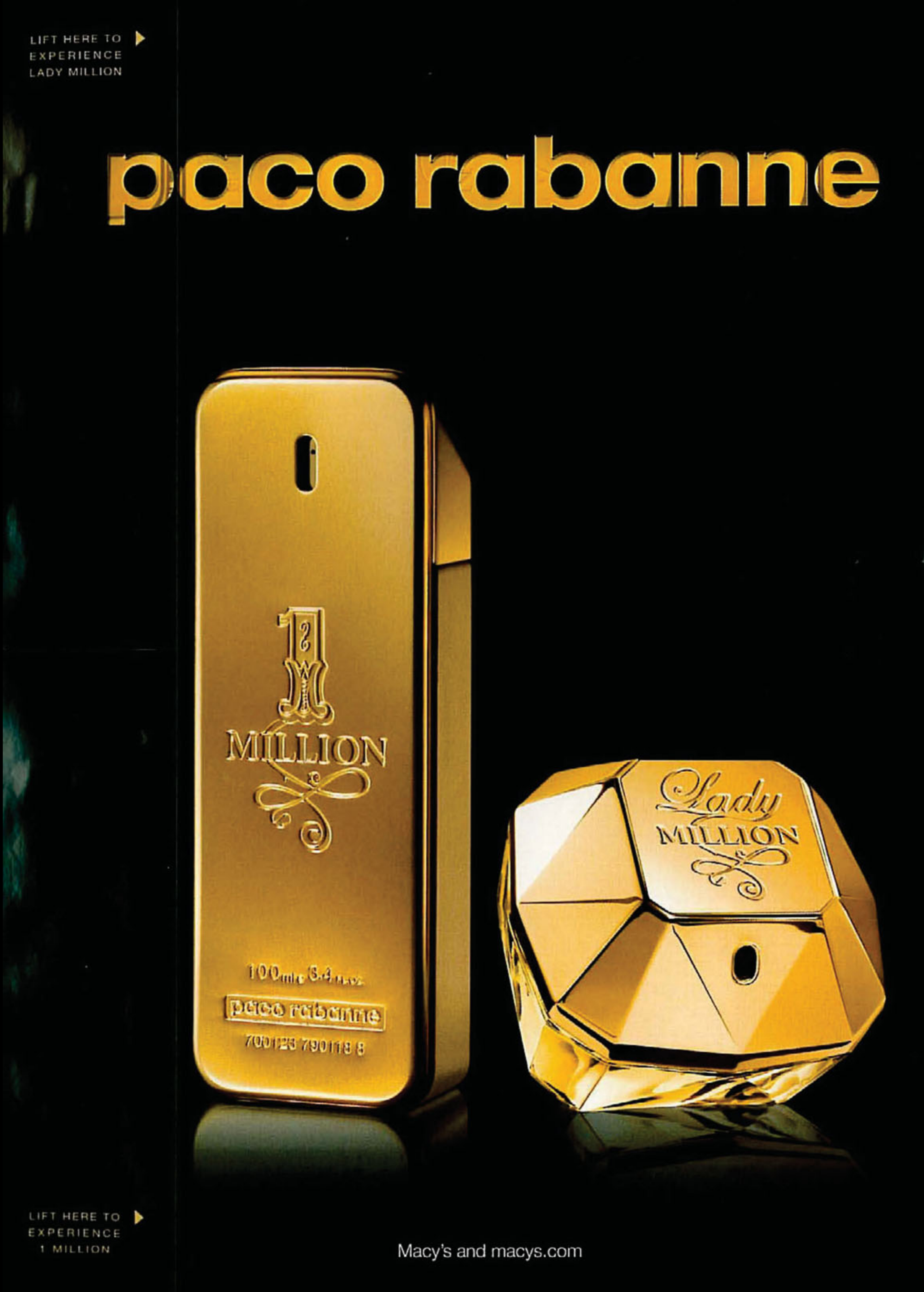
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Deal With a Messy Closet

BY KORIN MILLER

We know, we know, but Elika Gibbs, author of *Practical Princess, Perfect Wardrobe,* swears if you just put in a little organizational time, it'll pay off—you'll stay sane and score way more mileage out of your wardrobe.

Color Block

It sounds anal, but arranging your clothes by colors and patterns allows you to be realistic about what you own—you might be shocked to discover how many LBDs are actually floating around. It also narrows down the space where your favorite red top could be hiding.

Go Beyond the Box

Necklaces get jumbled if you store them in a jewelry case. For less chaos, put up a few hooks on a spare wall and hang your accessories.

Divide and Conquer

Belts go with everything right now, so chances are, you'll be hunting them down every week. For easier access, roll them up individually and nestle each one in a section of an inexpensive drawer divider.

Use Bags as Art

Trying to cram all your bags onto one shelf backfires—they get smushed, you can't see them, and when you pull one down, the whole stash falls. Instead, go big here. Stuff the insides with a newspaper-filled plastic bag to keep their shape, and devote an area to showing them off.

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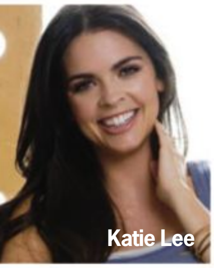
Cooking With Katie Lee

A Yummy Comfort-Food Fix

Sometimes you need to ditch the salad and dig into a meal so lip-smackingly satisfying, it gives you foodgasms.



Katie Lee

Yes, we Cosmo women like to be health-conscious. But let's get real. Rich, delicious dishes also make us close our eyes and melt with pleasure. I'm a Southern girl, so when I splurge, I go for this. It's crunchy, creamy, hearty…and while it's not exactly steamed veggies, I've created the recipes so you can pig out without doing tons of damage.

Fried Chicken Strips

No one can resist these.

2 pounds boneless, skinless chicken breasts, cut into ½-inch strips
Salt and pepper, to taste
2 eggs, lightly whisked
1 cup milk
¼ cup hot sauce
2 cups crushed cracker crumbs (like saltines)
½ teaspoon garlic powder
½ teaspoon paprika
Canola oil, for frying
Barbecue sauce, ranch dressing, or honey-mustard sauce, for dipping

Season chicken with salt and pepper. In a bowl, combine eggs, milk, and hot sauce. Add chicken, and toss to coat. Cover, and refrigerate for at least one hour and up to four hours.

In a shallow dish, combine cracker crumbs, garlic powder, and paprika. Dredge each piece of chicken in the mix, taking care to coat both sides evenly.

Heat a couple of inches of canola oil in a deep skillet to 350 degrees. (If you don't have a thermometer, drop a small piece of bread into the oil. When it bubbles, it's ready.) Fry a few pieces of chicken at a time, about 2 to 3 minutes per side. Drain on a paper towel–lined plate.

Mac 'n' Cheeses

I use skim milk to lighten up.

3 tablespoons all-purpose flour
1 teaspoon kosher salt
½ teaspoon onion powder
¼ teaspoon black pepper
2 cups skim milk
2 tablespoons low-fat cream cheese
2 cups shredded low-fat cheddar cheese
10 ounces elbow macaroni, cooked to package instructions
2 Roma tomatoes, sliced

In a saucepan over medium heat, mix flour, salt, onion powder, and pepper. Cook 2 minutes, stirring. Slowly whisk in milk, then add cream cheese. Bring to a boil, and reduce heat to a simmer. Cook 4 minutes, stirring, until thick. Remove from heat, and stir in 1½ cups cheddar cheese until melted.

Preheat oven to 400 degrees. Coat a 12-muffin tin with cooking spray. In a bowl, mix cooked macaroni and cheese sauce. Spoon into muffin tin. Top with a slice of tomato and shredded cheese. Bake until bubbly and golden brown, about 25 minutes.

Sauteed Kale

½ onion, thinly sliced
1 tablespoon olive oil
1 garlic clove, minced
1 16-ounce bag frozen chopped kale
½ cup chicken broth
2 teaspoons soy sauce
2 teaspoons apple-cider vinegar

Sauté onion in oil over medium heat 5 minutes. Add garlic. Stir in kale, broth, and soy sauce, and simmer 10 minutes. Stir in vinegar. Season with salt and pepper.

Chocolate Banana Pudding Pie

Super easy and super delish!

1 premade graham-cracker crust
2 ripe medium bananas, thinly sliced
2 chocolate-pudding pie-filling mixes, prepared to package directions
1 cup whipped cream
Cocoa powder

Arrange half the banana slices over the crust. Spread half the pudding over bananas, top with another layer each of bananas and pudding. Spread whipped cream on top. Dust with cocoa.

All recipes serve 4 to 6.

JOSÉ PICAYO. Food stylist: Victoria Granof for Art Department. Prop stylist: Molly Fitzsimons for Big Leo. (Lee) PETER MURDOCK.

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Q&A

"Can a cleanse help me lose weight?"

In the short term, maybe. But cleanses are fasts that restrict you to a very low number of (usually liquid) calories a day. Once the cleanse is over, you'll likely be so famished, you risk a binge—quickly gaining back any pounds lost and then some, says Sharon Richter, RD, a nutritionist in New York City. To downsize for real, ditch the crap food, and stick to smaller yet fulfilling nonprocessed stuff instead.

FAST FACT

Spice up a meal while keeping your appetite in check by sprinkling a quarter teaspoon of red pepper into soups, stir-fries, and other dishes. Nutritionists say it can reduce cravings for high-fat, sweet, and/or salty foods.

SUPERFOOD!

Coffee

It jacks up your mental alertness, sure, but coffee also has real health perks: It is loaded with disease-chasing antioxidants, gives your metabolism a jolt, and reportedly may even ease a hangover, according to a new animal study. Try to limit your intake to two to three cups per day. Coffee's main ingredient, caffeine, may trigger dizziness and/or an upset stomach if you suck down too much.

There's evil lurking.

Sugar Shocker

Soda, snacks, colorful cereals...you eat them knowing they're sweet overload. But the number of "healthy" products that hide sugar on their label is way higher than you'd think. Salad dressing, barbecue sauce, and even oatmeal are all guilty. Within reason, sugar is fine; about 10 percent of your daily calories should come from it. But too much has been linked to obesity and diabetes. So make sure you read the ingredients list carefully, and try to stay within 25 grams of added sugar per day.

FOOD FIGHT

Artichoke Dip VS. **Hummus**

☐

☑

Artichoke Dip	Hummus
CALORIES: 100 per two tablespoons	**CALORIES:** 50 per two tablespoons
FAT: 8 grams	**FAT:** 4 grams
Packed with fiber and at only 60 calories each, artichokes are super healthy. But all the mayo and cheese blended into artichoke dip turn this party dish into a goopy fat bomb.	Hummus is made from chickpeas, sesame seeds, and olive oil, giving it fiber, protein, and some "good" fat. Eat it with pita chips or veggies or as dressing for a Mideast-inspired salad.

SOURCE: STEPHANIE MIDDLEBERG, RD

(Ice coffee) Amana Images RF/Getty Images. (Sugar) fotolia.com. (Artichoke dip) Stuart Scott/acpsyndication.com. (Hummus) StockFood/Getty Images.

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Fun Fearless Cooking Tips

Food He'll Love

» Serve a meal of finger foods—there's something so rustic-hot about eating with your hands. Hit up the store for fancy cheeses, sliced meats, pita, hummus, and olives. Then set it all out on your coffee table for a steamy indoor picnic.

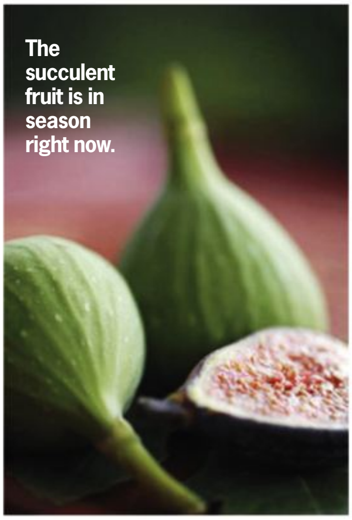
» Or pick something that goes in the oven—think baked chicken or pork tenderloin. Your guy will arrive to a tantalizing, mouthwatering aroma, plus you can actually leave the kitchen and spend time with him instead of fussing over a hot pan.

Cool Tricks

- **Here's a move that is admittedly cheesy but keeps the vibe light and playful: Slice pats of butter to serve with bread. Then, instead of putting out the square, use a small heart-shaped cookie cutter, or any fun shape, on them (just make sure the butter is really cold when you cut it).**
- **Restaurants use pretty garnishes to make their dishes feel extra luxe and special. Looks fancy, but it's so easy: In a blender, puree half a cup of olive oil and a palmful of fresh herbs (use whatever you have). It'll create a vibrant green sauce you can drizzle around the edge of your plate.**

Sensual Starter

Figs are easily one of the sexiest exotic foods. For a sweet-and-savory hors d'oeuvre, cut figs in half. Spread goat cheese onto each open half, place an almond on top, and pop them under the broiler for 2 to 3 minutes. Then drizzle with balsamic vinegar and honey.



The succulent fruit is in season right now.

A HOTTER COOKIE

Finish with an extra-indulgent treat: Pick up some chocolate-chip cookies from a bakery, but don't just set them out on a platter. Throw them in the oven at 350 degrees for 3 to 4 minutes to warm them up. They'll smell incredible, and the chocolate will get all gooey.

The Sparkly Sip

Bubbly drinks bring on a flirtatious tone, though holding a flute of champagne or prosecco doesn't always make a dude feel manly. And while he may love beer, that's not going to get you into a sex-kitten frame of mind. A great alternative: hard cider (find it near the beer). It's seasonal, unique, and yes, sparkly.

Set-the-Mood Music

You need music, of course, but lyrics can end up butting into your conversation. Instead, put on some sultry Spanish-guitar tunes or a cool instrumental band, like Explosions in the Sky.

SOURCES: BRUCE AND ERIC BROMBERG, CHEFS AT BLUE RIBBON SUSHI BAR AND GRILL AT THE COSMOPOLITAN OF LAS VEGAS; SHEA GALLANTE, CHEF AT CIANO; NATHAN HUNTINGTON, CORPORATE CHEF AT ESQUARED HOSPITALITY; DAVID MYERS, CHEF AT COMME ÇA LOS ANGELES AND THE COSMOPOLITAN OF LAS VEGAS

(Cookie) fotosearch.com. (Figs) Greg Rannells Photography Inc./StockFood. (Pat of butter) fotolia.com. (Finger foods) **JOSÉ PICAYO**. Food stylist: Victoria Granof at Art Department. Prop stylist: Molly Fitzsimons for Big Leo. (Cider) Arras/StockFood.

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BY BETHANY HEITMAN

Flirty, Flavorful Cocktails

Mixologists are getting creative and packing their recipes with a surprising taste punch (cinnamon, grapes, sage, and apricots…), which makes for some very stimulating sips.

Spiced Apple Mojito

3 slices of apple
1⁄16 t. cinnamon
⅛ t. nutmeg
2 sprigs of mint
1½ oz. light rum
1½ oz. lime simple syrup
  (mix 2 parts lime juice
  and 1 part sugar)
Splash of seltzer
Thinly cut slice of
  apple for garnish

Add the apples, cinnamon, nutmeg, and mint to the bottom of a shaker, and muddle. Add the rum, lime simple syrup, and ice, and shake well. Strain into a glass, and top with a splash of seltzer. Garnish with a thinly cut slice of apple.

SOURCE: TAG RESTAURANT, DENVER

Plum Frost

1½ oz. plum sake
1 oz. vodka
¼ oz. lime juice
Splash of cranberry

Put everything into a shaker with ice. Shake, and strain into a chilled glass. Garnish with a flower.

SOURCE: COTTON ROW, HUNTSVILLE, ALABAMA

Persephone Prism

¼ oz. fresh lime juice
¼ oz. Concord
  grape juice
1 oz. Pama liqueur
1½ oz. vodka
Splash of ginger ale

In a shaker filled with ice, add lime juice, grape juice, Pama, and vodka. Shake. Strain into a chilled martini glass, and top with a splash of ginger ale. Garnish with any sliced fruit.

SOURCE: JOSEPH ERICO, MIXOLOGIST

Be a Margarita Master

For more great recipes, download the September issue of Cosmo for Guys from the App Store on iTunes.

Green Tea Margarita

1 lime, cut in half
2 T sugar
1 T lemon juice
1 T orange juice
1½ oz. tequila
½ oz. triple sec
½ T matcha green-tea
  powder (available at
  grocery stores)
Splash of peach
  schnapps

Muddle half a lime with sugar, lemon juice, and orange juice in the bottom of a shaker. Add the rest of the ingredients, and shake vigorously. Strain into a glass filled with ice and rimmed with green-tea powder.

SOURCE: SANCTUARY T, NEW YORK CITY

Apricot Sage Martini

2 fresh sage leaves
2 oz. Grey Goose
2 oz. apricot puree (you
  can use frozen
  apricots)
1 oz. simple syrup (mix
  equal parts warm
  water and sugar)
½ oz. lemon juice
Sage leaf for garnish

Tear sage leaves into pieces, and put them in a shaker with ice. Add all other ingredients, and shake well. Strain into a glass. Garnish with a sage leaf.

SOURCE: CAFETERIA, NEW YORK CITY

JOSÉ PICAYO. Food stylist: Victoria Granof for Art Department. Prop stylist: Molly Fitzsimons for Big Leo.

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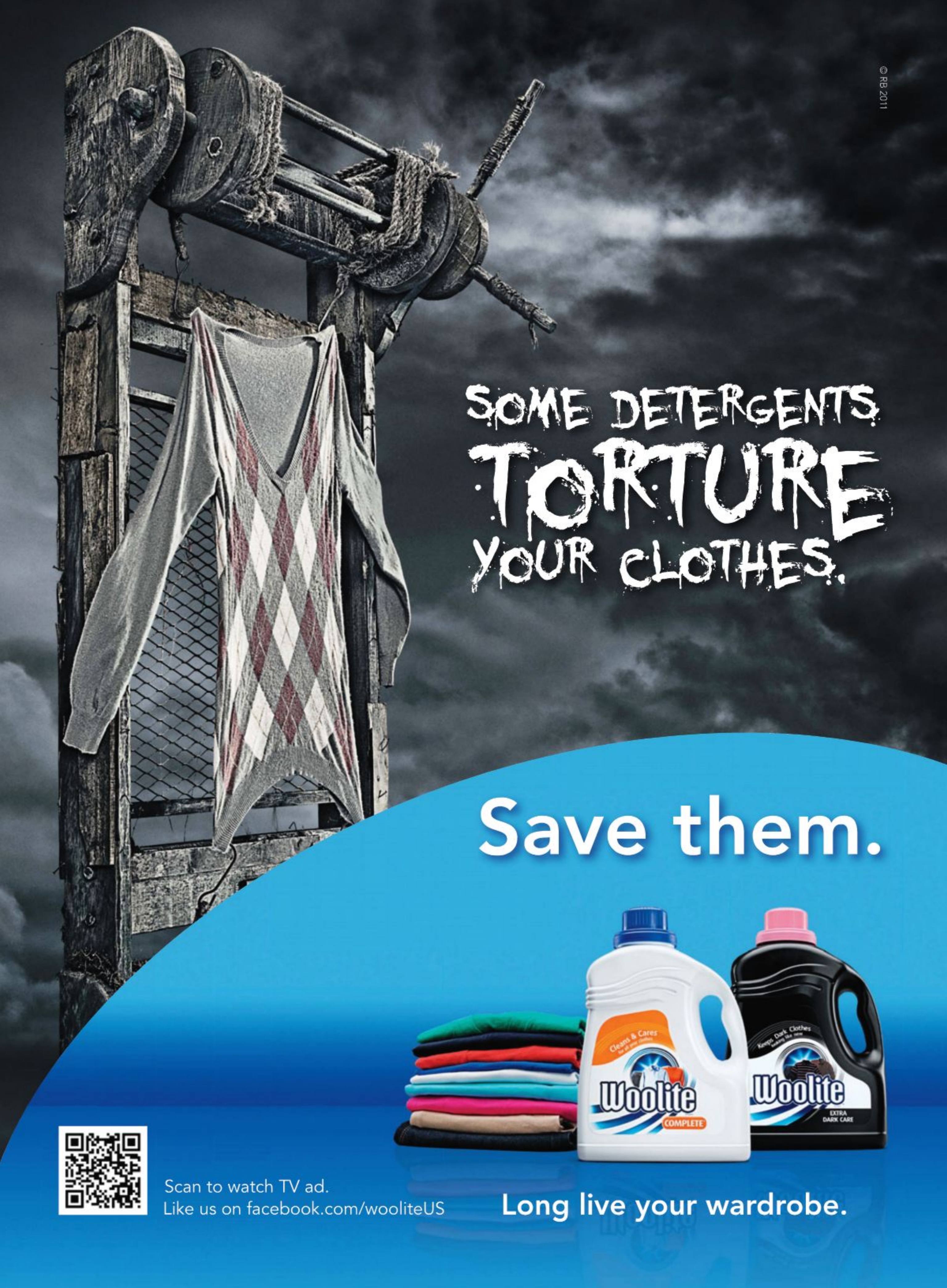
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Cosmo Astrologer

Get a sneak peek at what to look forward to…and what to watch out for.

BY STACEY WOLF

Libra

BIRTHDAY GIRL (SEPT. 24–OCT. 23)

Strengths: Artistic, charming, idealistic
Weaknesses: Indecisive, overly emotional
What makes you sexy: A social butterfly, you are naturally flirty and have sultry, Cosmo cover girl–worthy body language. The higher you turn up the charm, the more irresistible you become.
Your birthday month: Around the 6th, demanding Saturn boosts your motivation. Suddenly, a goal (Marathon? Promotion?) that seemed out of reach in the past is totally doable. So… what are you waiting for?
Dating tip: Captivating Venus gives you mega confidence around the 13th. Milk it by wearing an outrageously short or low-cut dress out to a bar on girls' night, and ask a group of cute guys to join your crew.
Love advice: On the 1st, the sensual Moon makes you crave skin-on-skin contact. Have "naked weekend." Hit the sheets early, and spoon all night.

Scorpio (OCT. 24–NOV. 22)

When dealing with guy drama on the 10th, nurturing Mercury urges a night with friends. Margs and girl talk put things in perspective.
Dating tip: Transitory Venus puts you in a position to meet an out-of-town hottie near the 12th. You're tempted to write him off because of the distance, but don't. Even if he's not The One, at least he's a smokin' hookup buddy.
Love advice: At month's end, jealous Saturn's spell has you overanalyzing a comment from a female friend on his Facebook wall. Don't worry—you're the only one he wants.

Sagittarius (NOV. 23–DEC. 22)

Lively Mercury motivates you to host one hot Halloween party. Make it a heaven-and-hell theme, don devil horns, and be naughty.
Dating tip: Flirtatious Neptune ups your sexy charisma after the 21st. Chill at a park, pull out your Cosmo, and get hit on.
Love advice: Before the 8th, the salacious Moon offers up a twist on sexting. Send your man close-up pics of your inner thigh or cleavage, and have him guess the body part.

Capricorn (DEC. 23–JAN. 20)

On the 6th, daring Saturn has you leaving your comfort zone, whether it's flirty texting a crush or having your guy blindfold you in bed.
Dating tip: Around the 28th, candid Jupiter suggests playing a game of would-you-rather? with a date. Start low-key ("Island or city vacay?"), and then dig deeper.
Love advice: Attention-grabbing Neptune says put on a sexy show on the 17th. Meet him at the door in thigh highs and a bustier when he comes home from work.

Aquarius (JAN. 21–FEB. 18)

You're restless by the 14th, so thrill-seeking Jupiter recommends taking a road trip. Grab your guy or your BFFs, make a rezzie at an inexpensive hotel the next state over, and then just see where the journey takes you.
Dating tip: Midmonth, the lucky Sun strews cuties in your path. Random questions lead to the best convos, so ask a dude at the grocery store how to pick an avocado.
Love advice: Near the 2nd, epicurean Mars motivates you to shake up date night with a cheese-tasting class. The sophisticated scene will lead to dirty, dirty sex later.

Pisces (FEB. 19–MARCH 20)

Provocative Mars has you feeling super sultry close to the 1st. Write a list of your 10 best sexcapades—it'll remind you of how ballsy you are and inspire more adventures.
Dating tip: Under easygoing Venus, sidle up to a group of guys playing pool at a dive bar and join in. They'll love your confidence.
Love advice: After the 28th, hedonistic Pluto says call in late to work and "get ready" together with a steamy shower sesh.

Aries (MARCH 21–APRIL 20)

By the 7th, savvy Venus suggests you volunteer to help your boss on a project. Getting on her good side will score big points later.
Dating tip: With the outdoorsy Moon in charge midmonth, stop by a beer garden with a new guy and cozy up as the temp dips.
Love advice: Near the 12th, frisky Mercury suggests hitting the mini golf course—winner gets a sexy treat of his or her choice that night.

Kim Kardashian
October 21, 1980

Taurus (APRIL 21–MAY 21)

Around the 17th, two of your friends try to involve you in their fight. Composed Mars says stay out of it by changing the subject to something lighthearted, like celeb gossip.
Dating tip: Near the 8th, ambitious Saturn urges you to challenge yourself: one date a week! Sign up for match.com, and let your friends know you're down to be set up.
Love advice: Under the athletic Sun, initiate a game of touch football with him on the 15th. He'll tackle you in the bedroom later.

Gemini (MAY 22–JUNE 21)

You're so creative, and the artsy Sun wants you to scour a vintage shop on the 22nd—you'll pull together some kick-ass outfits.
Dating tip: Romantic Neptune steers a first

David Livingston/Getty Images

date into corny territory near the 10th (um, guitar strummer at the table, anyone?). But give the dude props for trying.
Love advice: Close to the 26th, frisky Mars says turn him on… literally. Run a vibrator up and down his shaft.

Cancer (JUNE 22–JULY 22)

Homey Pluto suggests inviting people over to watch the World Series on the 19th. Some juicy gossip will come from it—the stars predict a hookup between two of your single pals.
Dating tip: Alluring Venus recommends you rock a pair of sky-high heels on a date near the 7th. Grab his arm if you feel wobbly—he'll like the chance to show off his chivalrous side.
Love advice: Playful Saturn says have a Guitar Hero showdown on the 13th. For every new song, strip off a piece of clothing.

Leo (JULY 23–AUG. 23)

After the 25th, the eloquent Sun has you finding the right words to express yourself in awkward situations, like telling a date you're not feeling it or giving your guy oral-sex tips.
Dating tip: Before the 6th, confident Neptune says step up to a foxy guy at the jukebox and compliment his music picks.
Love advice: Under sultry Pluto on the 28th, attach this note to a beer in his fridge: "Wish your mouth was on me instead."

Virgo (AUG. 24–SEPT. 23)

Close to the 2nd, devoted Saturn is pushing you to spend time with the fam. Make it more fun by sneaking off for a frisky texting session with your man or a newish guy.
Dating tip: Around the 8th, the generous Moon encourages you to volunteer at an animal shelter. Your enthusiasm with the puppies will impress a hottie who had the same idea.
Love advice: As lively Mercury rules, get a group of your and his friends together for a midmonth trivia night at a bar.

Libra: Best Love Matches

Pisces

Adam Levine
March 18, 1979

Both sensitive, you and he have an ultra-intense connection. Deep conversations at an intimate wine bar lead to amazing sensual sex.

Sagittarius

Ryan Kwanten
Nov. 28, 1976

His spontaneous personality brings out your playful side. Challenge him to a friendly game of laser tag—it'll fuel the flames in bed all night.

(From left) Jim Smeal/BEImages; Frazer Harrison/Getty Images for *Vanity Fair*.

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Turning Him On

The stars reveal how to tantalize your man based on his sign.

Libra

Carnal Mars makes him a major horndog on the 1st. Give him a show by wearing a short skirt without panties when you head to his place.

The move he's craving: Slippery sensations. After a shower, don't towel off—just jump him.

Scorpio

Near the 13th, nurturing Saturn turns him into a temporary homebody. Nights of cozying up together on the couch will make you closer.

The move he's craving: Leaving a mark. Don't push him away if he starts a hickey.

Sagittarius

Chill Mercury sends him into his man cave (or to the bar with his boys) before the 7th. Give him space, then meet up later for slow-burn lovin'.

The move he's craving: Couch sex. Have him bend you over the arm of the sofa and take you from behind.

Capricorn

The industrious Moon makes him handy near the 3rd, so ask him to carry your AC unit to the basement. He feels studly taking care of you.

The move he's craving: A nip slip. While casually hanging out at home, "accidentally" let the strap of your cami fall past your shoulder.

Aquarius

Under the journeying Sun, book a quickie weekend getaway near the 8th. Being on vacay unleashes his wild side—the hotel sex will be beyond.

The move he's craving: Role-play. Wear a plaid skirt and knee-high socks, and tell him what a bad girl you've been.

Pisces

After the 28th, wicked Pluto has him wanting you in inappropriate places. Pull him into an empty bedroom at a party or the coat closet at a club.

The move he's craving: Instant access. Put on an old, tight tank top, and let him rip it off you.

Aries

Just-because presents and candlelit dates are only a few of the awesome surprises to come when romantic Jupiter has him pulling out all the stops to impress you after the 26th.

The move he's craving: Naughty compliments. Tell him how incredible he feels.

Taurus

Successful Mars earns him accolades from his boss near the 4th. Take him out to celebrate—your support makes him even crazier about you.

The move he's craving: A car hookup. Park on a side street, hop in the backseat, and steam up the windows.

Gemini

By the 25th, raging Venus puts him in a tense mood. Don't take it personally if he freaks out about minor stuff, like you forgetting to reply to a text he sent.

The move he's craving: Intense eye contact. Lock gazes while he's deep inside you.

Cancer

Wicked Neptune has him lusting for wild moves near the 20th. Check out "77 Sex Positions" on cosmopolitan.com, and go down the list.

The move he's craving: A tight squeeze. Clench your PC muscles during the action.

Leo

He's bogged down with work under tedious Saturn midmonth, so make free time ultra enticing—give him an extrapassionate kiss when he gets home, go out dirty dancing at a club, or tie him up in bed.

The move he's craving: Spicy sensations. Suck on a cinnamon mint before going down on him.

Virgo

Adventurous Jupiter puts him in the mood to try new things near the 10th. Go to a burlesque show, or book that couples massage on Groupon.

The move he's craving: Pleasing you. Let him take control between the sheets.

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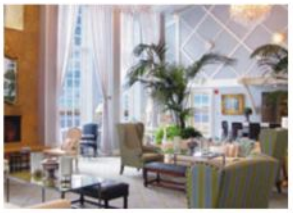
Get Gorgeous With Hot Blogger L-Diva!

Check out this month's tip from **Lauren Cosenza**, the go-to beauty guru behind **Divaliciousblog.com**.

The hottest makeup trend comes right in time for Halloween: Spider Lashes! Apply coat upon coat to top and bottom lashes for a spidery 60s mod effect.

L-Diva is Cosmo Promo's beauty guru, and is compensated for her beauty tip each month.



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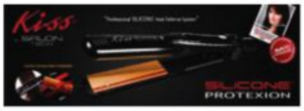
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Tastes Like Danger

Jordan Rhodes has no problem landing a guy—she's gorgeous and richer than Mark Zuckerberg, after all. But she's so sick of the entitled jerks she's dated that it's almost a welcome relief when she becomes caught up in an FBI investigation… and paired with an agent who definitely has the whole brooding-bad-boy thing down.

▶ *Jordan Rhodes is the beautiful daughter of a Chicago billionaire and owner of the city's top wine store. But her perfect life takes a hit when her computer-genius brother is sent to jail for hacking into Twitter. When the FBI shows up at her store, she assumes it's about him. But it turns out that one of her wealthy family friends (and also her best customer), Xander Eckhart, is suspected of money laundering.*

The FBI has no solid proof, so they propose the following: In exchange for Jordan pretending that one of their agents, Nick McCall, is her boyfriend, therefore allowing him to get closer to Xander, they will release her brother from jail. Jordan is not happy to be working with the same men who put her brother behind bars, but that soon changes as she gets to know Nick. First of all, on a scale of one to Ryan Reynolds, he's Ryan Reynolds. Second, despite his tough exterior, he seems invested in helping her brother. When they head to her family's place in Napa to attend an event hosted by Xander, their pretend relationship starts getting real. And with Nick, there is definitely no need to fake it….

Alone…and Slightly Tipsy

Jordan unlocked the glass door and led Nick into the impressive lodge.

"So this is rich-person rustic." Nick's eyes were wide as he set the bags down and looked around the grand interior.

"Think it'll do?" Jordan asked over her shoulder.

Nick was slightly embarrassed to have gawked at their surroundings. He shrugged, taking on a nonchalant tone. "Sure. I've just never known anyone who could afford all this." He reached down and unstrapped the gun harness from his calf, setting it gently on the nightstand next to the bed.

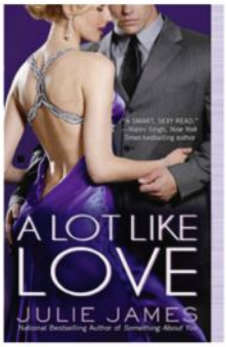
Jordan gestured to the gun. "Well, I've never known anyone who walked around with one of those strapped to his leg. So I guess this is something new for both of us."

Nick straightened up, the reality of the situation hitting him. Here he was, an FBI agent from Brooklyn spending the weekend in wine country with a woman who would one day inherit a billion dollars.

He walked over to her. "What are we doing?"

She smiled slightly, as she had been wondering this herself. "No clue."

Nick peered down at her intently. Jordan just looked up at him, trying to figure out whose move it was. The wine from their earlier tasting had made her feel wicked and bold, so without a word, she reached up and tugged her hair out of its



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knot, letting it spill over her shoulders in blonde waves.

He stepped across the remaining space that divided them. “So what do billionaire heiresses like to do in Napa Valley?”

She held his gaze. “Right now, probably the same thing as FBI agents from Brooklyn.”

Put Up or Shut Up

Jordan knew from the look in Nick’s eyes when he scooped her up in his arms and set her down on top of the bed that the time for jokes was over.

He pinned her hands above her head then leaned down and kissed her, hot and demanding. She swirled her tongue around his, arching up against him. He released his grip and slid his hands down her arms and eventually over the swell of her breasts.

He then grabbed hold of the V-neck collar and ripped her dress open.

She gasped against his mouth. “Well, somebody is impatient.”

“I’ve wanted to get you naked since the first time I saw you.” He ran his thumb along her lower lip.

While holding his gaze, Jordan licked the tip of his thumb and watched as his eyes turned dark and smoldering. He pushed her dress down and tossed it onto the floor.

She kicked off her shoes and said to him, “Now it’s your turn.”

Nick rose and stood at the foot of the bed. Quickly, he undid the buttons of his shirt and shrugged it off. Without hesitating, he pulled off his shoes and slid off his jeans and boxer briefs.

Propped on her elbows, Jordan took in every inch of his tan skin and sleek muscle, her eyes widening at the sight of his thick, hard erection.

She crooked her finger and beckoned him back to bed.

Nick lowered himself over her, snapped open the front closure of her bra with one hand, and watched as her breasts fell free.

He eased her back onto the comforter and slid the straps of her bra over her shoulders. Their mouths came together again, and she sighed when his fingers brushed across the tips of her breasts. With his other hand, he spread her legs and sank his hips between them.

She moaned and pressed against him, curling her fingers through his dark hair and lifting her hips eagerly when he slid off her underwear.

He teased her with his forefinger for what felt like an eternity until finally slipping it inside her, making her gasp. Even though it felt unbelievably good, she pushed his hand away and flipped him onto his back so that she was sitting on top of him.

While holding his gaze, Jordan licked the tip of his thumb and watched as his eyes turned dark and smoldering.

“I want all of you inside me,” she demanded.

Mission: Hot Sex

Nick took his wallet off the nightstand and pulled out a condom. Once he unwrapped it and rolled it on, Jordan lowered herself onto him. When he was fully inside her, she sat back and began sliding up and down. He held her hips, guiding her, moving her in a smooth, sensual rhythm.

Breathing heavily, she leaned forward, and Nick took one of her nipples in his mouth. She was overwhelmed with pleasure and knew she was close. Nick seemed to sense it, because suddenly, he grabbed her hips and held her steady, moving up into her with smooth, deep thrusts.

She cried out and closed her eyes, kissing him as they both climaxed. They moved together, gasping and riding through the aftershocks, until she finally slowed to a stop and collapsed on his chest.

They lay there for a long time, skin to skin, hearts pounding.

After several minutes, she broke the silence.

“That’s the longest we’ve ever gone without talking.”

Nick gently brushed a lock of hair out of her eyes.

“Are you okay?” she asked. It wasn’t like him to be so quiet.

“Definitely. Just thinking that it’s never been like that with….” He stopped awkwardly.

She felt herself soften, because she was thinking the same thing. Even though she had no idea how this could ever work out, she leaned forward to cover his lips with her own. ■

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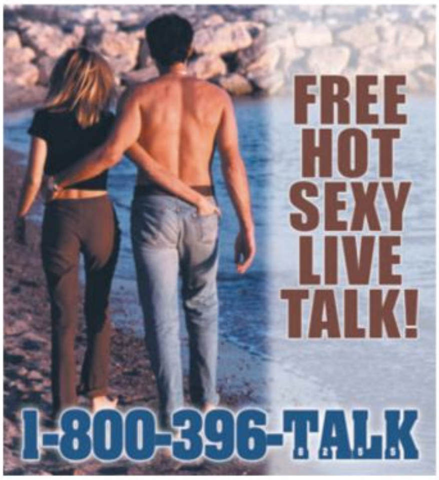
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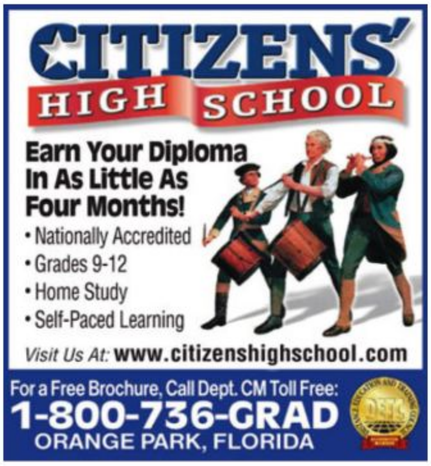

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BRITISH INVASION

PAGES 208 TO 209: GANT by Michael Bastian—gant.com; GANT, New York City, 212-813-9170. **Falke—**shopbop.com. **PAGE 210: ASOS—**asos.com. **See by Chloé—**Bloomingdale's. **Wolford—**wolford.com; 800-WOLFORD. **Louis Vuitton—**select Louis Vuitton locations; 866-VUITTON; louisvuitton.com. **Z Spoke by Zac Posen—**bloomingdales.com. **PAGE 211: Express—**express.com. **Lauren by Ralph Lauren—**Macy's. **Fekkai—**fekkai.com. **PAGE 212: Prada—**Select Prada boutiques; prada.com. **LaCrasia Gloves—**By special order, lacrasiagloves.com; LaCrasia Gloves, New York City, 212-803-1600. **PAGE 213: CARVEN—**Barneys (jacket and shirt); Opening Ceremony stores, New York City; Los Angeles (shorts). **DKNY—**Bloomingdale's. **Purr by Katy Perry—**nordstrom.com. **PAGE 214: Calvin Klein Collection—**Calvin Klein Collection store, New York City, 212-292-9000. **Fendi—**Fendi, New York City, 212-759-4646. **PAGE 215: Jenny Han—**E. Allen boutique, Murfeesboro, Tenn., 615-896-2110; eallenboutique.com. **Forever 21—**Select Forever 21 and XXI Forever stores nationwide; forever21.com. **Falke—**shopbop.com. **Blumarine—**blumarine.com. **Marc Jacobs—**Marc Jacobs store, New York City, 212-343-1490. **Kenneth Jay Lane—**877-953-5264.

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DEVASTATINGLY SEXY DATE-NIGHT HAIR

PAGES 224 TO 229: Sebastian—sebastianprofessional.com. **Bumble and Bumble—**bumbleandbumble.com. **Hairdo—**qvc.com. **Gucci—**Select Gucci stores; gucci.com. **Joe's—**joesjeans.com. **Ann Taylor—**anntaylor.com. **Shayan Afshar—**Dash stores, New York City; Los Angeles; Miami, Fla. **Calvin Klein—**Select Bloomingdale's; 800-232-1854. **CC Skye—**ccskye.com. **Haute Hippie—**hautehippie.com. **Elizabeth Cole Jewelry—**Dora Rae boutique, Atlanta, Ga., 404-943-1221.

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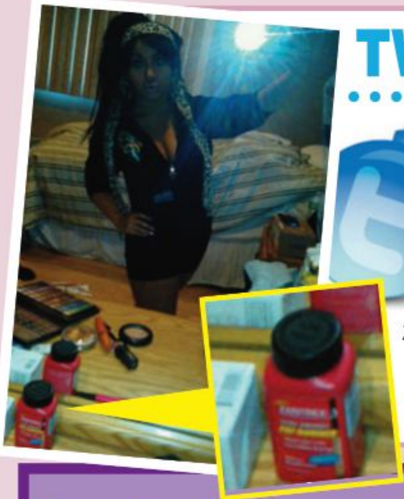
celebrity weight-loss update

SNOOKI'S DIET SECRET!

Another "CELEBRITY" caught cheating with controversial diet pill ZANTREX-3!!!

We all know that straight-shooting party girl Nicole "Snooki" Polizzi of MTV's *Jersey Shore* fame has fought a long-running battle with her body weight. But lately, we've noticed that Snooki's looking a little leaner and in much better shape. The rumor mill has been giving credit to her new trainer. However, Snooki recently raised eyebrows after being caught outside her gym with a bottle of Zantrex Fat Burner, an "extreme energy" supplement popular among bodybuilders and college students.

Until recently it was a little known fact that Snooki is slated to be the national spokesperson for Zantrex. However, this deal wasn't supposed to be announced until after she returns from Italy next month... a couple of dress sizes smaller. Oops!



TWITTER BOMB!

Last week, Snooki tweeted a snapshot of herself looking busty and surprisingly thin in her bedroom mirror, and take a look at what's sitting on the dresser in the photo... yep, you guessed it, the familiar bright red bottle of Zantrex-3 Fat Burner. Ladies and gentlemen, we rest our case.

FROM "BEFORE" TO "COVER GIRL"

So what's Snooki's real **weight-loss secret:** The trainer, or the pills?

Our best guess is that it's a bit of both. Certainly, regular visits with a personal trainer are going to help, but it hardly seems insignificant that Snooks actually walks around with a bottle of Zantrex in her bag.

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Cosmo Quiz

BY KELLY THORE

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How Much Game Do You Have?

1. At a club, you notice a hottie across the room has been eyeing you shyly all night. To help him along, you:

- **a** Walk over and say that you saw him looking and now the ball is back in his court.
- **b** Get your friends to relocate to the opposite side of the room, close to where he is.
- **c** Write down your name and number and ask a bartender to pass them on.

2. The new dude you've been seeing waits until the day of to ask what your Saturday-night plans are. You answer:

- **a** "I made plans already, but I'd love to see you this coming week sometime."
- **b** "Nothing much, just hanging out. Want to try that new sushi place?"
- **c** "Oh, I didn't hear from you, so I said yes to another offer."

3. At the end of an amazing first date, the guy kisses you good-night. How long do you linger?

- **a** A few seconds before you whisper in his ear that you had fun, then head inside
- **b** A few minutes, enough time to run your fingers in his hair and tell him he smells sexy
- **c** Several minutes at least, so you can go full-on tongue as you grind your hips into his

4. You and your girlfriends are hitting the town tonight with a mission: to find BFs. What do you wear?

- **a** A postage-stamp skirt plus thigh-high leather boots
- **b** A strapless dress that shows off your cleavage
- **c** A casual, cute tank dress topped with a trendy statement necklace

5. After happily dating your man for two months, you're itching to be exclusive. You nudge him to kick it up by:

- **a** Making a flirty comment on a guy friend's wall—jealousy will spur him to talk LTR.
- **b** Changing your relationship status on Facebook—when he sees it, he'll just go with it.
- **c** Swapping your profile picture to a cute shot of you two together—it'll plant the seed.

7 TO 10 POINTS

Superbold Siren

There's sexy confidence…and then there's being so forward, it's intimidating. And honey, moves like grinding during a first kiss and changing your relationship status before you've discussed it with him cross the line. "Being suggestive feels forced, and that turns men off," says dating coach David Wygant. "Plus, by appearing so available, you make it too easy and not very exciting for him." Instead, take a subtly seductive approach—such as catching a hot guy's eye and smiling or gently touching a date's wrist.

4 TO 6 POINTS

So. Freakin'. Irresistible.

You're like bacon to dudes—they can't get enough of you. The reason? You are up front about being into a guy but don't make yourself too available. "You leave them guessing, so they want to get to know you and try to win you over," says Diana Ivy, PhD, coauthor of *GenderSpeak*. Also, you're equally skilled at flirting verbally (with a coy-yet-casual response to a last-minute date) and physically (like the perfect good-night kiss).

0 TO 3 POINTS

A Little Too Hard to Get

You think you're intriguing guys by being kind of closed off. Truth is, your too-subtle cues (for example, inching closer to him at a club, assuming he'll know you want him to approach you) leave your prospects in the dark. "Men aren't great at decoding small clues, so they'll conclude you're not interested," says Ivy. Step it up: Think of a movie character who has great game, like Mila Kunis's in *Black Swan*, ask yourself what she would do in your shoes to attract a guy, and then channel that.

Log on to test yourself with more fun and insightful quizzes! COSMOPOLITAN.COM/QUIZ

SCORING: 1. a–2, b–0, c–1; **2.** a–1, b–2, c–0; **3.** a–0, b–1, c–2; **4.** a–2, b–1, c–0; **5.** a–0, b–2, c–1

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